GETTING CONNECTED MADE EASY.















Sony Ericsson Xperia™ X10 with Social View
• Google Apps™
• Social Networking



On a 3-year voice and data plan.¹ \$549.99 no term.







- 3.0 MP Camera





Samsung Corby Pro

- Touch Screen
- QWERTY Keyboard





- Nokia 6750
 Built-in A-GPS (Supports Ovi Maps)
 3G download speeds



Phones from \$ With Fido Agreement



Moto W388 Renew+

- MP3 Player
 CrystalTalk™ technology that maximizes speech clarity



With 2-year Fido Agreement.³ \$65 no term.

Housing of phone is made from 25% post-consumer recycled plastic.



Sony Ericsson Naite™

- External memory expandable to 8GB (MicroSD)
- 2.0 megapixel camera with video recorder



With 2-year Fido Agreement.³ \$150 no term.

Parts* made from 70% post-consumer recycled plastic.



LG Xenon

- Keep track of your conversations with threaded SMS
- Supports up to 16GB MicroSD Expandable Memory



With 2-year Fido Agreement.³ \$225 no term.



Sony Ericsson T715a

- 3.2 megapixel camera with video recorder
- Integrated Facebook application



With 2-year Fido Agreement.³ \$200 no term.



BlackBerry® Curve™ 8520

- New optical trackpad makes
- navigation easy
 2.0 MP camera with video capture

\$50

With 3-year Fido Agreement and a Personal E-mail on BlackBerry® option or Data add-on.4 \$400 no term.



Optimum









END-OF-SUMMER **ENTERTAINING IMPRESSING** ON A BUDGET (page 24) WHY THE HECK IS IT CALLED A BILLY? CRACKING THE IKEA NAMING CODE (page 23)



TRENDY AS DAYS COOL, **WHAT'S HOT?** STYLE (page 21)

OTTAWA Met

Thursday, August 19, 2010 www.metronews.ca



Share this copy

Mayor welcomes MMA to give city its best shot

O'Brien says Ottawa has history of passing up on economic generators, such as a casino, and he doesn't want to see this happen with mixed martial arts • Gatineau has had success hosting MMA events, O'Brien observes

Mayor Larry O'Brien is backing promoters to bring events such as Wreck Mixed Mar-tial Arts (MMA) and Ultimate Fighting Championship fights to Ottawa in 2011.

With planning in the early stages, O'Brien is meeting with promoters to find out their future goals and support their plans. He thinks these events would create

jobs and revenue in the city.

"The province has given the MMA the green light to operate in Ontario," said O'Brien. "Scotiabank Place could be a great venue to host these events."

He said Ottawa shouldn't miss the boat on this kind of interesting opportunity.



Boot camp funds go towards CIBC Run for the Cure

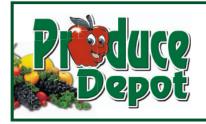
Politics

Say hello to the new cabinet

McGuinty shakes things up after a rough summer for the Liberals Former mayors of Ottawa and Winnipeg join cabinet's ranks (page 9)

Hollywood critters out to eat you alive

A look at some iconic live-action films where the animals dare to attack {page 14}



Fresher Than Fresh







Store Hours: Mon. to Fri.: 8am-9pm; Sat.: 8am-7pm; Sun.:8am-6pm



Turning A Bathroom Into An Oasis.



34' WideLot" Home, The Forestlane, Mattamy on Half Moon Bay model home.

Mattamy Advantage #29: Bath Oasis.

You'll find that an Ensuite in a Mattamy home offers an uncommonly high level of fit, finish and spa-like décor, including tiled showers, that make this one of the most beautiful spaces in the home. Many of our homes come standard with a 4-peice bath, and for those that don't, we offer an option that will separate the shower and tub so you have a true oasis worthy of a 5-star hotel. The bath oasis is part of our Architect's Choice 'Make it Yours' program of options designed to personalize your home.

We want you to have a room that pampers the senses.

Freehold Townhomes From \$208,990 Detached Homes From \$326,990





Coming Soon To Orleans. A New Mattamy Homes Community. Pre-register at mattamyhomesottawa.com

www.mattamyhomesottawa.com

Bell 🚻

Sales Centre Hours:



Construction begins on curved wall

Workers began installing what will be the signature feature of the new Ottawa Convention Centre, yesterday. When all the glass pieces are finally installed the 30-metre-high, 90-metre-long outer skin of the building will become the country's largest curved wall.

Feasibility of nel an issue

The federal and provincial governments have committed \$600 million each to the project • Cullen said the city is capable of covering its \$900-million share without raising taxes



Now that the Downtown Ottawa Transit Tunnel has the go ahead from the provincial Ministry of the Environment, the city's transit chair is calling the debate over the project dead.

"Debating whether or not to proceed with the tunnel really

means debating whether or not to press the reset button on the whole project," Bay Ward Coun. Alex Cullen said yesterday. "There is not the appetite on this council and there is not the appetite in the public to go back to square

Since the environmental assessment only looked at the impact of the tunnel, there would have to be a new EA for any surface light plan, said Cullen. Removing the tunnel would essentially void the entire rapid transit network said deputy city manager Nancy Schepers.

City council could still decide not to go forward with the tunnel, but it would then have to develop another option. That could take another four years of consultation and planning, just to the same stage as today, she said.

Of the leading candidates for mayor, only Clive Doucet is opposed to the tunnel. Mayor Larry O'Brien is one of the chief proponents.

"The value that folks will get, the amount of time they will save, the amount of economic uplift to the downtown, will be enormous ... right now we are choking going through the downtown." ALEX CULLEN, CITY TRANSIT COMMITTEE CHAIR

Jim Watson wants to move forward with the project, but would cancel it if the tenders come back significantly more than projected.





News on the move

- Download the free ScanLife application with your smartphone at 2dscan.com
- The codes will direct your mobile m.metronews.ca

On the web at metronews.ca

A decision to <u>ban kites from a</u> Toronto park isn't flying well with fans of the pastime. Watch the video at metronews.ca.





5 Bonus Air Miles® on the purchase of Black Tower® Rivaner 750mL.

Enjoy it with salsa chicken wraps with mango or lime and ginger pork stir fry.



Product #336503. Limited Time Offer, August 15 - September 11, 2010 at participating LCBO stores. Subject to change without notice. Please enjoy our products responsibly

Council candidates are going mobile

• New text based apps let candidates survey thousands of supporters in matter of minutes



Trying to decide who to vote for in the upcoming election? There's an app for

This morning, Beacon Hill-Cyrville candidate Tim Tierney is launching a textbased app called Talk2Tim, developed by local tech firm Zim.

Tierney is the first in Canada to be using the text-based service, but Coun. Michel Bellemare already has an app for the iPhone.

Aaron Helleman, a Kanata-South candidate, also has an app available on iTunes.

Brian Hurley, the CEO of Ottawa-based Purple Forge, developer of Bellemare and Helleman's apps, predicts the technology will quickly become standard for any political campaign.

"The mobile apps can provide people with information much faster and timelier than other

More on apps

- Depending on the functions they choose, a political campaign application can cost anywhere from \$2,500 to \$10,000, said Hurley.
- Mobile services can include making donations, performing instant surveys and opinions, and pushing notifications.
- The information returned to the candidate can be broken demographically depending on information provided by the user.

The number of

downloads the council candidates in a city the size of Ottawa can expect, according to Hurley.

traditional media," he said. "More than that, you can ask them to do something to help you.



Super Ex's last hurrah at Lansdowne

With a move imminent, SuperEx is celebrating the past 122 years at Lansdowne Park.

This year's Central Canada Exhibition, opening today, will be the last held at historic city fairgrounds.

A move away from Lansdowne Park had been discussed for a long time, but it will become a reality

when work begins to redevelop the space.

The CCE Association purchased property in south Ottawa by the Rideau Carleton Raceway, but president Lyn Presley, would not say if SuperEx is moving there next summer.

"There are several options that people came forward and wanted us to look at," said Presley. "In the fall,



we're going to make an announcement.

There are a number of exhibits celebrating the history of the fair. Organizers have been working the City of Ottawa Archives to create a historical display in the Coliseum Building, said

"We expect a lot of people will be coming that have some history with the

Attractions

- This year will feature the biggest-ever agricultural components ever held at SuperEx.
- There are more than 125 children entered in the 4-H animal raising and training competition.
- The Aberdeen Pavilion will house a home-craft area for various ladies groups with tea and cookies.

exhibition' TIM WIECLAWSKI







Special Government & **Corporate Rates**



250 Spacious Suites

· Hi-speed Internet,

• Indoor Pool

Whirlpool, Sauna

• Fitness Room

Deluxe Banquet Rooms

Business Suites

180 Cooper Street T: 613-236-5000 F: 613-238-3842 For Reservations: 1-800-236-8399

Located between the Rideau Canal and trendy Elgin Street

Change the way you save and save more than just change.

Most people think that saving more money means making major sacrifices and changing their whole lifestyle. While that is one way to save, it's not the only way.

At Scotiabank, we make saving automatic. We help you save every time you pay with your debit card, your credit card and with every paycheque. So you save every day, every week and every month, effortlessly. And before you know it, you could save \$1,500* or more every year. We want to help everyone save more of their hard-earned money.

Visit a Scotiabank branch to learn how you can save an extra \$1,500 a year, automatically.



Let the Saving Begin.

letthesavingbegin.com

You're richer than you think.



Click on this: Everyone has a right to Google

• That's the 'free the Internet' message being sent to the feds • Finland, Spain open the web to all citizens

have the right to Google, stream YouTube videos, and tweet their random nothings from the comfort of their own home?

The non-profit Public Interest Advocacy Centre says we should.

It's calling on the federal government to follow the lead of Finland and Spain.

On July 1, Finland became the first country in the world to declare that its citizens should have the right to high-speed Internet

Spain plans to enshrine the same right to reasonably priced broadband access sometime next vear.

"The Internet, and in

Internet options

The federal government has had previous requests for open broadband access.

- The National Broadband Task Force recommended high-speed Internet for all residents and businesses by 2004.
- Another report called for it by 2010 "at the latest."

particular broadband services, are important both in terms of the economy of Canada and the individual lives of Canadians,"

director and general counsel of the PIAC

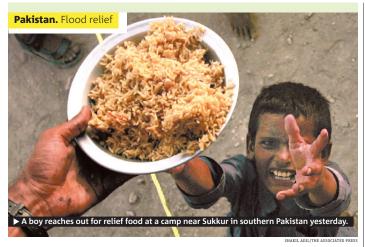
A report by the PIAC recommends that high-speed Internet be declared a basic service.

Similar telephone access was mandated by the Canadian Radio-television and Telecommunications Commission more than 10 years

"It was discovered that in order to be a full participative member of society access to a telephone service was required," Janigan

The CRTC is in the process of conducting public consultation.

THE CANADIAN PRESS



World turns its back on victims

The scenes from flood-hit Pakistan are wrenching, but the global response to pleas for relief funds has been sluggish. The United Nations says it has yet to raise half its \$460 million target. The World Health Organization has received commitments for just 25 per cent of the \$56 million it has asked for. Some 1,500 people have died in the floods, triggered by monsoon rains.

Feds say sorry to Inuit 'exiles'

saying sorry to the Inuit families who were taken from their homes and moved to remote High Arctic islands in the 1950s.

Newly appointed Indian Affairs Minister John Duncan is offering the apology in Inukjuak in northern

were many of the so-called High Arctic Exiles were originally from. THE CANADIAN PRESS











VALUE. EMOTION. ENGINEERING. ZOOM-ZOOM. FOREVER.

ELITE MAZDA • 1205 BOUL. LA VÉRENDRYE WEST • GATINEAU EMAZDA.CA • 819.568

News in brief



Fire won't stop Titanic probe

ST. JOHN'S, N.L. A small fire broke out aboard a research vessel days before it is scheduled to leave Newfoundland for an expedition to the Titanic shipwreck.

But a spokesperson for the expedition says it will leave St. John's on Sunday as scheduled.

Scientists plan to assess the deteriorating condition of the Titanic and create a detailed three-dimensional map of the wreckage, nearly 100 years after the ship struck an iceberg and sank to the bottom of the North Atlantic.

Cockfighting ring alleged

TECUMSEH, Ont. The Ontario Society for the Prevention of Cruelty to Animals has stopped an alleged cockfighting ring in southern Ontario.

Two men, both of Tecumseh, have been charged with owning or possessing equipment or structures used in animal fighting or training. The OSPCA alleges the

The OSPCA alleges the birds were outfitted with knives on their legs.

THE CANADIAN PRESS

Kidnapped mayor killed

MONTERREY, Mexico. The kidnapped mayor of a northern Mexican town has been found dead.

It was the latest in a rash of deadly attacks on political figures in an area besieged by druggang battles.

Santiago Mayor Edelmiro Cavazos' hands were bound and his head was wrapped in tape. THE ASSOCIATED PRESS

When a job turns into a nightmare

Will pep rallies end a string of suicides at a giant Chinese firm? Safety nets installed to catch jumpers

Young workers who normally spend their days assembling iPhones and other high-tech gadgets packed a stadium yesterday, waving pompoms and shouting slogans.

shouting slogans.

It was a rally in Shenzhen, China, to raise morale after a string of suicides at a company's heavily-regimented factories.

The outreach to workers shows how the normally secretive Foxconn Technology Group has been shaken by the suicides.

"For a long period of time, I think we were kind of blinded by our success," said Louis Woo, special assistant to Terry Gou, the founder of Foxconn's parent company.

"We were kind of



caught by surprise."

The company has already raised wages, hired counsellors and installed safety nets on buildings to catch would-be jumpers.

Other changes include job rotation so workers can try different tasks and grouping dorm assignments by home province so workers don't feel so isolated.

The rally took place at Foxconn's mammoth industrial park in Shenzhen, which employs 300,000 and where most of the suicides have taken place. THE ASSOCIATED PRESS

Foxconn's fame

Foxconn has built itself into the world's largest contract maker of electronics. Its customers include Apple, Sony, Dell and Nokia.

- The claims: Activists say the firm's success has come by driving workers too hard, operating a toofast assembly line and requiring excessive overtime.
- The denial: Foxconn says it does not treat its employees inhumanely.
- The background: The firm's troubles highlight Chinese workers' growing dissatisfaction with the low wages and pressurecooker working conditions that have helped turn the country into a manufacturing powerhouse.



EARN MORE WITH A CANADIAN TIRE SAVINGS ACCOUNT

3.50%

For 90 days on a new Canadian Tire Tax Free™ High Interest Savings account* 2.50%

For 90 days on a new Canadian Tire High Interest Savings® account*

LIMITED TIME OFFER

Call **1-866-606-2837** or visit **myctfs.com/metro** for more details

- * The Canadian Tire High Interest Savings® account (HISA) and the Canadian Tire Tax Free™ High Interest Savings account (Tax Free HISA) are provided by and issued by Canadian Tire Bank, a member of Canada Deposit Insurance Corporation (CDIC). The HISA and Tax Free HISA are hereinafter referred to as "the Account". Products are not currently available for residents of Quebec.
- Your Account will earn a special interest rate of 2.50% (if the Account is a HISA) or 3.50% (if the Account is a Tax Free HISA), which consists of the regular variable rate of interest for the Account of 1.50% for the HISA and 2.50% for the HISA and 2.50% for the HISA as of August 1, 2010 (and is subject to change) plus the bonus interest rate of 1.00%, per annum. The bonus rate applies only (ii) to a customer's first Account (including Joint Accounts, where applicable) provided your first deposit is made on or after August 1, 2010, and before November 15, 2010, existing and previous customers are not eligible, and (iii) to balances up to and including \$100,000 for 90 days starting on the day of the first deposit into the Account. If the Account is closed before the end of a calendar month or before the 90th day of the offer period, you will forfeit the bonus interest that accrued from the beginning of the particular month in which the Account was closed. On all credit balances after those 90 days, and on any credit balances over \$100,000 during those 90 days, only the regular variable rate of interest then in effect for this type of account would apply. This offer ends November 15, 2010 and may be changed, extended or withdrawn without notice. Interest is poid monthly and is calculated adily based on the daily closing balance. Rates subject to change without notice. Additional terms and conditions apply.

^{®/TM} The trademarks of Canadian Tire Corporation, Limited are used under licence.

09/10 • 587

FRENCH CREDIT COURSES FOR HIGH SCHOOL STUDENTS

3 hours in class and 3 hours online weekly Level: 1/2 (Grade 9) Wednesday, September 8, 2010 to January 19, 2011

Level: 3/4 (Grade 10) Thursday, September 9, 2010

to January 20, 2011



Please register by September 3, 2010

A minimum of twelve (12) students is required for each class. We reserve the right to cancel courses if this requirement is not met.

Éducation Permanente

181, Donald St. Ottawa Tel: 613-741-2304 Ext.3 Fax: 613-741-2191





www.educationpermanente.ca

Germany to mull online rulings

The German government will consider new rules to address the privacy implications of Internet services such as Google's Street View, and plans a meeting next month with the California-based company and others, officials said.

10 lb - \$10799

GNC LiveWell.

Mapping a plan

Interior Minister Thomas de Maiziere plans to invite companies such as Google and Microsoft, as well as data protection and consumer protection officials, to a meeting Sept. 20 on "the opportunities and limits" of such mapping services, ministry spokesman Philipp Spauschus said.

will present, "proposed solutions" for handling those services, de Maiziere added. De Maiziere appeared skeptical of rushing into legislation on the issue amid the current flap over Street View, and pointed to contradictions in the German discussion. At authorities' insistence, Google has introduced an online tool that allows Germans to ask to have images of their homes removed.

Wi-Fi is no threat to kids: Top doc



▶ Parental hackles raised over issue of children's health ▶ Groups demanding Wi-Fi ban

Ontario's chief medical officer of health says wireless Internet technology poses no threat to children in schools.

The comments from Dr. Arlene King come as a group of parents in central Ontario are urging their school board to ban Wi-Fi in schools over fears it's making their kids sick.

King says it's understandable that people are confused by the debate over the safety of Wi-Fi transmitters in schools, given the conflicting evidence. THE CANADIAN PRESS

Evidence?

Health Canada says there is "no convincing scientific evidence" that Wi-Fi in schools is dangerous to children.

However.... Professor Magda Havas of Trent University in Peterborough, Ont., an official who researches the health effects of electromagnetic radiation, says Health Canada's data is outdated and incorrect.



TAKE CONTROL OF YOUR FUTURE!

Full Range of Academic Courses
English as a Second Language
Cooperative education and Apprenticeship
Hairstyling and Aesthics
Hospitality and Tourism

300 Rochester St. • 613.239.2707 www.adulths.ocdsb.ca

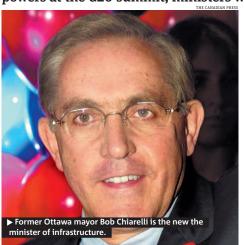
Visit GNC.ca for the location nearest you

* Hot Buy pricing in effect until Aug 30, 2010. No Gold Card required to receive HOT Buy prices. Gold Card discount does not apply to Hot Buys. GNC reserves the right to limit quantities.

15.9 lb - \$8999

McGuinty shakes cabinet after a rough summer

◆ After eco fees, the unpopular HST and secret police powers at the G20 summit, ministers were shuffled



Two ministers involved in this summer's biggest embarrassments for the Ontario Liberals were moved out of their jobs yesterday in a cabinet shuffle that was more musical chairs than cleaning house.

No one was dropped from the enlarged cabinet and two new faces were added. But after weathering a rough summer of missteps and mea culpas, Premier Dalton McGuinty's message was clear: We need to get our act together.

"It's been said in days of old that after a ship had been tossed about on the open seas storm, you take advantage of the first

Two additions

McGuinty added two recently elected Liberals to his team.

- **1** Former Ottawa mayor Bob Chiarelli, a 69-yearold veteran politician, will take over Infrastructure.
- 2 Former Winnipeg mayor Glen Murray, who joined the caucus earlier this year, will take over Research and Innovation.

clearing to read the stars, get your bearings and regain your course," he

Rick Bartolucci was punted to Municipal Affairs and Housing following the controversy over special police powers granted during the G20 summit.

Former environment minister John Gerretsen, who took the heat for the flasco over eco fees, was demoted to Consumer Services

McGuinty's cosmetic changes won't provide any relief for taxpayers, said Progressive Conservative Peter Shurman.

THE CANADIAN PRESS



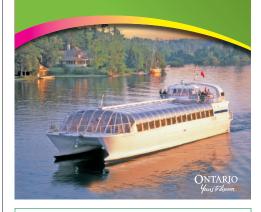
Wander. Explore. Savour. Relax.

Stroll through historic downtown Kingston and take in the fresh aromas from our open air market. Shop your way through unique boutiques then rest with a beverage on a hidden patio. Tour City Hall then cross the street and board a 1000 Islands Sightseeing or Sunset Dinner Cruise.

FEATURED EVENTS

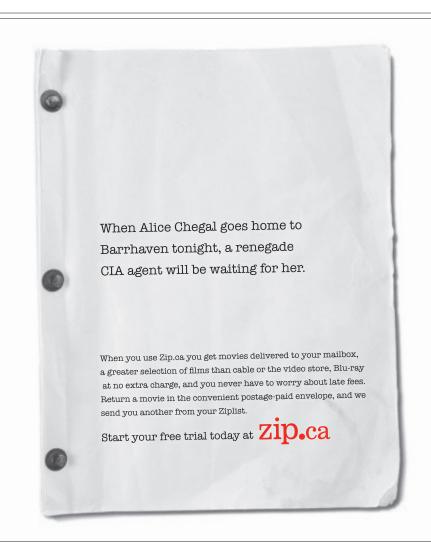
Fort Henry Sunset Ceremonies - July & Aug. 1000 Islands Dining & Sightseeing Cruises Buskers' Rendezvous - July 8th-11th Limestone Blues Festival - August 26th-29th Movies in the Square - every Thursday night

visitkingston.ca



DRAMA, SUSPENSE, COMEDY.

Visit metronews.ca to watch metrotube of the day



SOUTH PACIFIC OCEAN

2 quakes, not 1, caused tsunami

The deadly tsunami that pounded several South Pacific islands last year was spawned by not one but two monstrous earthquakes, surprising new research reveals.

Initially, it was thought that a single powerful

magnitude-8.1 jolt triggered the Sept. 29 tsunami that killed nearly 200 people in Samoa and Tonga. Two teams using different research techniques have now separately concluded that the disaster was the result of a rare double whammy two so-called great earthquakes with magnitudes greater than 8 that hit within minutes of each other. What's notable, they say, was that the quakes occurred along separate fault lines and ruptured differently. THE ASSOCIATED PRESS

Husband charged in 5-year-old murder



No other suspects, Halifax police say ○ Cops thank community for keeping the case in the public eye



Paula Gallant's husband appeared quickly in a Halifax courtroom yesterday to be arraigned on a first-degree murder charge.

Jason Wayne MacRae, 37, was arrested Tuesday and charged. Gallant, 36, was found in the trunk of her car—parked outside the elementary school where she taught— in December 2005. Information came in a year ago which revitalized the Gallant murder investigation, said Halifax Regional Police Chief Frank Beazley at a press conference yesterday.

"There was an opportunity to put this investigation in a much more active role

Mystery

Police
have never
released the
cause of
death of
Paula Gallant,
pictured.



An autopsy a few weeks after her body was found confirmed it was a homicide.

again after several years through new information coming to light which allowed us to put our team together and continue the investigation," he said.

Because the case is now in the courts, Beazley wouldn't comment on what the new information entailed.

Travellers left in the lurch

Tens of thousands of people scrambled to make last-minute vacation plans yesterday after the collapse of budget travel company Kiss Flights — the 13th U.K. travel firm to fold this year.

The failure of Kiss — leaving passengers stranded in Greece, Egypt and Turkey — reflects the rough ride experienced by the air-

60,000

Number of people with forward bookings now trying to arrange alternative flights.

line industry in the wake of the global financial crisis. THE ASSOCIATED PRESS



Koodo

Good call

AudioTronic



▶ FUTURE SHOP

Walmart > '<

Koodo

Ottawa
Billings Bridge Plaza
Carlingwood Mall
Les Galeries de Hull
Place d'Orleans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville

Kingston

Il Cataraqui Town Centre

Cornwall Squar

Liberals plead for protection against oilsands

• Grits' report recommends Ottawa fund research into impact of oilsands on fish, wetlands, water levels

Federal Liberals say the Harper government is in denial about the negative impact of oilsands development on Alberta's freshwater supplies.

They're calling on the government to fulfill its constitutional and legal obligations to protect fisheries and the health of aboriginal communities who live downstream from the massive energy projects in northern Alberta.

The Liberals' plea for urgent action comes just as U.S.-based environmental groups are expanding a controversial anti-oilsands ad campaign to Britain.

Billboard ads urge Britons to "think again"



about visiting Alberta and feature grisly pictures of oil-soaked ducks found dead in an oilsands tailing pond.

The Liberal report accuses the government of effectively abdicating its responsibility to protect the quality of the water in the Athabasca River basin and the health of downstream native communities.

The report says toxic seepage from the tailing ponds and surface water runoff may be contaminating the Athabasca River. It adds the oilsands extraction process requires vast amounts of water drawn from the river, potentially lowering water levels and harming fish and fish habitat

THE CANADIAN PRESS



Fast Track French

Learn French in a French Environment

The New Fast Track French program offers:

- · intensive 6 week (45-hour) classes.
- blended learning modules comprised of 27 hours of online training and 18 hours of in-class conversation.
- · levels from beginner through advanced.
- adults who wish to learn French as a second language an opportunity to learn French in a French environment.

Starting the week of September 21st Cost per level: \$372.45

Register now!

For more information, contact:
Michele Hill: mhill@lacitec.on.ca
or 613 742-2483, ext. 2823
or visit: www.lacitecollegiale.com/
formationcontinue.htm

Placement test:

When: September 1st or September 8th Time: 6 p.m.
Where: room D3130 (Building D, 3rd floor)



JPMORGAN CHASE CONTINUES TO GROW AND INVEST IN OUR CANADIAN TEAM

- Assets of \$2.1 trillion and operations in more than 60 countries
- 2nd largest global issuer of Visa and MasterCard
- · Over 40 years of stability and growth in Canada
- Offering paid training, paid vacation, great benefits, competitive salary, performance incentives, career growth opportunities and an inclusive culture

Currently hiring Bilingual (English/French) for the following:

- Credit Analyst Lending
- Financial Service Advisor Customer Care
- Financial Service Advisor Bank Card



Explore new career opportunities online at: careers.jpmorganchase.com Keyword: Ottawa1

JPMorgan Chase & Co.

We are committed to employment equity Individuals who consider themselves aboriginal, visible minorities, and/or people with disabilities are encouraged to apply.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
am feeling sad and depressed		
am having difficulty sleeping		
am feeling low in energy and slowed down		
My appetite has changed		
am experiencing feelings of guilt		
have lost interest in work and pleasurable activities		
feel hopeless about the future		
feel tense and anxious		
am having difficulty making decisions		
am having trouble concentrating		



Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10

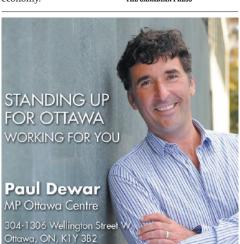
Seattle. Obama

Tighter bank rules vital: BoC report

The Bank of Canada says imposing tougher capital and liquidity requirements on banks would reduce the frequency and severity of any future global financial crises and the threat they would pose to Canada's economy.

The central bank said in a report released yesterday that the benefits of revised requirements would far outweigh the short-term costs that banks would likely pass along to consumers.

THE CANADIAN PRESS





Report backs offshore drilling

Report follows massive Gulf oil spill NDP says report didn't study issues deeply enough

A Senate report has found no good reason to ban offshore drilling in Canadian

The Senate energy and environment committee says Canadian regulations governing offshore drilling

are tough enough.
"We could not identify any justification for a temporary or permanent ban or moratorium on current offshore operations," says the committee report released yesterday.

"Any future offshore operations authorized to take place in Canadian jurisdiction, be they in Arctic waters, off the Pacific coast or off Atlantic Canada, will be well and carefully regulated." THE CANADIAN PRESS

Recommendations

- Only one The report notes only one drilling project the Chevron Lona O-55 exploratory well off the coast of Newfoundland — is underway in Canada. There are no offshore operations off the Pacific coast or in Arctic waters.
- Prepare The report recommends that everyone responsible for cleaning up oil spills practise and prepare for an accident before one actually happens.
- Projects There are some active oil-and-gas projects already underway off the coasts of Newfoundland and Nova Scotia.

Obama visits Seattle

U.S. President Barack Obama took part in a roundtable discussion Tuesday with small business owners at Grand Central Baker, in Seattle, to talk about jobs. The visit by Obama was his first to Washington state since his election.

EI claims rose in **Iune**

Statistics Canada said yesterday the number of people who received regular employment insurance benefits climbed for the third straight month in June.

The agency said 691,600 people received regular benefits in June, up 8,400 from May and the third straight month of small increases.

Despite

27.4 The percentage drop in claims since their peak in May 2009 — down 89,700, or 27.4 per cent.

gains, the number of beneficiaries has fallen by 137,700, or 16.6 per cent, since the peak in June

The number of beneficiaries rose in nine provinces in June, with Ontario registering the only decline.

The most notable increases occurred in Quebec and New Brunswick.

N.L. appeals

The Newfoundland and Labrador government is appealing a Quebec court ruling on the environmental mess left

by insolvent paper company AbitibiBowater to the Supreme Court of Canada.

THE CANADIAN PRESS











Travel to 1630s Holland and find out about the

Travel to 1630s Holland and line out about the wild world of tulips and speculation. Take part in wild world of tulips and speculation. "Guess the Price", where you're challenged to guess prices in the 1600s and today, with crafts,



FAMILY EVENT FREE ADMISSION

refreshments and prizes for the whole family! Game times: 1:30 pm (English), 2:30 pm (French)

MARRIAGE: AN UNNECESSARY MILESTONE

He says ...

JOHN MAZEROLLE



This is marriage season in my family.

here's the summer anniversary of my very Catholic brother and his very Catholic wife, who pops off babies like a Gremlin when you get it wet.

There's the fall anniversary of my parents, who have been dating since they were zygotes and who make eHarmony couples seem jaded and cynical.

And there's my sister, who is marrying her girlfriend on the "28st" of August, according to her delightfully flawed wedding invitations.

Also there's me: I have my divorciversary.

vorciversary.
I've been separated from my wife for a year-and-a-half. I may, therefore, be coming from a

somewhat-biased perspective

when I say I don't understand how marriage became a necessary ingredient for happiness.

At some point in human history, marriage became a mandatory milestone in any life, on that timeline that starts with Baby's First Spit-Up ensconced in a scrapbook and ends with a quiet, dignified death surrounded by family members who keep casually bringing up the will.

To "miss out" on marriage is to spend a life deal-

ing with people who wonder

what went wrong. People might not think you're a fail-"To 'miss out' on ure, but you're not marriage is to going to get an Aspend a life plus with an "incomplete." And if marriage dealing with people who disintegrates, it's wonder what went wrong. People might not

think you're a

failure, but

you're not going

to get an A-plus

with an

'incomplete.'"

always treated like a tragedy. This reached its most ridiculous point during the Tiger Woods ordeal when the front of People magazine asked, "Can Tiger save his marriage?"

Will the Hindenburg fly again? Can Stalin

be revived? Can we bring back

the Fox puck? Why would we want to?

By default we assume that staying married is the "right" path. Nobody after a sex scandal ever says, "You know what? I'm sorry I hurt so many people, but I've re-evaluated and marriage was a bad choice for me. I move forward regretful but wiser."

Here's what I think: I think getting an engineering degree. Engineering degrees. Engineering degrees are awesome, a wonderful accomplishment, but they're not for everyone, and there's no shame in not getting one. And if you forced everybody to get one a lot of bridges would collapse.

Marriage can work for many people, maybe even me some day.

But it should only be a No. 1 priority for some. For others, it needn't rank higher than 28st.

Cartoon

MICHAEL DE ADDE

Defending bike helmets



Letters % Tweets

HALIFAX. Tom Trottier's letter titled Helmets great, laws aren't (Aug. 17) paints a picture of helmet usage that does not jive with that of the credible sources on this issue

To imply that the law requiring helmet use discourages the healthy physical activity of bicycle riding and is therefore counterproductive is misguided. To further refer to "studies in Nova Scotia and Australia and other places" without citing sources is a slippery slope on the road to credibility.

Recent studies by the Department of Epidemiology and Community Medicine at the University of



Ottawa have clearly shown that helmet laws in Alberta and PEI have had no impact on the number of cyclists in these provinces. More importantly, they also show that helmet legislation is strongly associated with helmet usage — 73 per cent of cyclists don helmets in Nova Scotia, where legislation applies to all ages.

compared to 41 per cent in Ontario where the law only applies to those under 18.

For the sake of the many "noggins" out there that need protecting — including Tom Trottier's — let's support bicycle helmet legislation.

SHIRLEY ANN ROGERS

DR. NATALIE YANCHAR
DR. SIMON WALLING

DR. JOHN TALLON

What reality TV show would you like to go on? Email ottawaletters @metronews.ca

Twitter @metroottawa

Metro has the right to edit letters and submissions.

metr⊕

METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024
Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca
Distribution: bernie.horton@metronews.ca
Publisher Bill McDonald, Managing Editor Tracey Tong,
Sales Manager Dara Mottahed, Distribution Manager Bernie
Horton

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute at the art gallery

Check out the surreal aerial photographs of the Alberta tar sands in local artist Louis Helbig's exhibit, Beautiful Destruction, on display at the City Hall Art Gallery.

All of the photos were taken while flying an antique aircraft over the incredibly colourful and highly contrasting Alberta landscape that is being altered by the unstoppable advance of heavy machinery, smoke and effluent.

Helbig's goal with the exhibit is to encourage Canadians to start asking questions and engaging on the issue of the tar sands, rather than frame the debate around us vs. them: East vs. West; Toronto vs. Calgary; and industry vs. environmentalists

TIM WIECLAWSKI





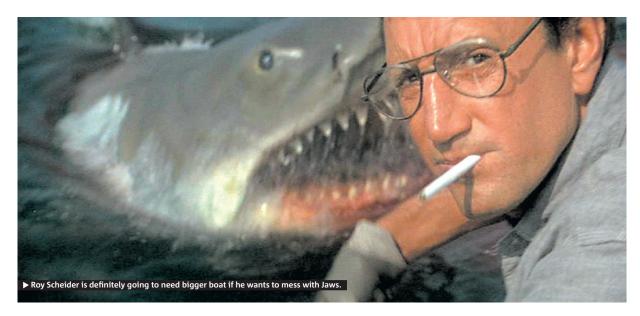
Book Deal



The next stage in **Betty White's** ever-rising career: books. The 88-year-old actress has a twobook deal with **G.P. Putnam's** Sons, starting in 2011 with Listen **Up! The publish**er said yesterday that the book will include what White has learned over "her incredibly varied. decades-long career in Hollywood." THE ASSOCIATED PRESS



With piranhas set to take over movie screens take a look at some of the other scary animals that have made movie history • From birds, bears, ants, dogs and, of course, sharks, nature has plenty of options to make your spine tingle



Hollywood's Man-eaters chew up the screen

Animals are our furry, cuddly companions, unflag-gingly loyal and pure of spirit — except for when they want to eat us, that is.

I's time to look at the the best live-action animal movie that have a dark side . if you dare. With Piranha 3D swimming into theatres and zooming right into your face, here's a look at the best of what happens when animals attack:

Jaws (1975)

It defined what we've come to know as the summer movie season. But its thrills

and chills and suspense are just as fresh now as they were 35 years ago. In his youth, Steven Spielberg was wise enough to know that it's what you don't show what you just suggest that's even more frightening. And John Williams' startling score was simplici-ty itself. Clearly, it still isn't safe to go back in the water.

The Birds (1963)

Ah, Bodega Bay ... so tranquil, so scenic. Until the killer birds come swooping in to peck everyone to bloody bits. The screeching noise alone that these creatures make is frightening in Alfred Hitchcock's classic, but it's his use of silence that's truly, deeply disturbing. The staccato unpre-dictability of their movements adds to the sense of unease.

Cuio (1983)

Man's best friend becomes his most fearsome, furry enemy in this thriller based on the Stephen King novel. And it's not like some yippy, annoying dog that turns into a monster, like a Yorkie or a Chihuahua. No,

this is a friendly, loyable St Bernard, a breed that's traditionally been known as a reliable caretaker, who goes wild after he's bitten by a rabid bat and wreaks havoc on a small town.

Grizzly Man (2005)

We know from the start of this documentary that Timothy Treadwell is doomed, but that doesn't make it any less riveting. Werner Herzog's film follows the events that led up to Treadwell's 2003 mauling by a bear in the Alaskan wild, a place this daring and charis-

matic man chose to call home for a dozen years to surround himself with these hulking creatures.

Them! (1954)

Ants - they're so tiny and harmless, they couldn't do any real damage beyond making a picnic unpleas-ant, right? Wrong! Sometimes ants turn gigantic and predatory when exposed to nuclear testing in the New Mexico desert. Them! builds suspense on the premise of a mysterious, unknown menace

THE ASSOCIATED PRESS

The Audio Recording Academy

OTTAWA S HANDS-ON RECORDING ARTS COLLEGE

Learn applied audio recording in our 3 working studios.

Classes start September 7th, 2010!

Apply online at taraottawa.com or call 613.798.0070

TARA is a Private Career College registered under the Private career colleges Act, 2005.





Roberts tackles TV

Oscar winner departs from film
 Roberts produces documentary series to debut on Oprah's network

Julia Roberts isn't planning a spiritual journey of her own after making the film based on the hit travel memoir Eat Pray Love.

Roberts, a happily married mother of three, said she read and enjoyed Elizabeth Gilbert's best-seller long before the proposed movie script came across her desk and she jumped at the role.

But she added she isn't

Eat Pray Love

Roberts isn't planning to go on a spiritual journey like the character she plays in her latest movie.

 Practicing Hindu Roberts said making the film didn't influence her conversion to Hinduism looking to make any big alterations in her own life.

"No, no changes," Roberts said yesterday in Tokyo, where she is promoting the movie's release. "I'm good."

Roberts is a practicing Hindu and said she was interested in the faith before she came across the book and did not convert because of it. The 42-year-old Georgia native was raised Catholic.

Beyond those comments, she said she would keep her beliefs to herself.

"I've realized something my mother told me 22 years ago," she said. "You're an actor, act. Don't talk about politics or religion."

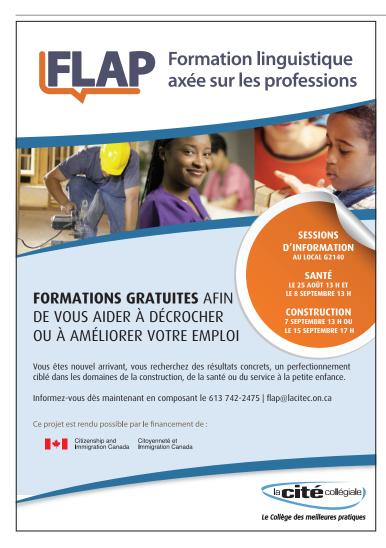
One departure for Roberts does lie ahead. The Oscar winner has done lit▶ Julia Roberts talks to the press in Tokyo, where she's promoting the release of the film Eat Pray Love.

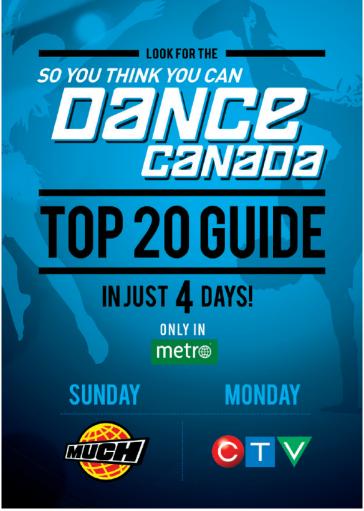
tle TV work, but she is now a producer of a documentary series called Extraordinary Moms to debut in January on Oprah Winfrey's new cable network. Her next big-screen project is Larry Crowne with Tom Hanks, set for release next year. On her longevity as a sought-after actress, she said her inspiration has never waned.

"Loving what you do is

the secret to everything," she said. "I really do love the creative part of making movies."

THE ASSOCIATED PRESS







Available exclusively at



The Liquid Identity and Liquid Energy logos, Xperia and Timescape are trademarks or registered trademarks of Sony Ericsson Mobile Communications AB. Ericsson is a trademark of Telefonaktiebolaget LM Ericsson. Sony and "make.believe" are trademarks or registered trademarks of Sony Corporation. Google, YouTube, Android and Android Market are trademarks of Google, Inc. Facebook is a trademark or registered trademark of Facebook, Inc. Twitter and tweet are trademarks or registered trademarks of Twitter, Inc. All other trademarks are property of their respective owners. Copyright ©2010 Sony Ericsson Mobile Communications AB. All rights reserved.



The world's smallest Android phone.

Mini but mighty

Need a movie review? Looking for the band's after party? Easily stay plugged into the scene with tweets, texts, and Facebook™ updates all with Timescape™ on the Xperia™ X10 mini. Plus with customizable corners, you can effortlessly jump to your favourite functions like the stunning 5 megapixel camera. And with access to all the latest greatest Android™ Market apps, you only need one hand to stay on top of it all. Now that's huge.

sonyericsson.com

Xperia[™] X10 mini. Experience more.

Sony Ericsson make.believe

Album reviews

A classic ����� | Buy it ���� | Get the single ��� | Borrow it �� | Don't bother �





· ron Maiden Album: The Final Frontier Label: EMI 画曲曲%

Unlike contemporaries AC/DC and Ozzy, Iron Maiden still manage to come up with new ideas

FIGHT

FOR YOUR

RIGHT

TO SAVE

in their fifth decade as a band. The Final Frontier isn't a far stretch from the apocalyptic fantasies of their previous 14 albums, but the technical prowess of these metal pioneers is still a wonderment to hear. All it takes is one listen to the intricacy of nine-minute epic The Talisman to understand that if this isn't their final album as it's rumoured to be, Maiden can reach that sixth decade without sounding like it.

Outstanding track: The Alchemist

CAM LINDSAY



Ray Lamontagne and the Pariah Dogs Album: God Willin' & the

Creek Don't Rise

Label: RCA/Sony

Ray Lamontagne comes out of the box with both barrels blasting on opening track Repo man, a sixminute high-speed chase designed to show that he's more than just a superb songwriter with a multitextured voice. Still, there's plenty of quality stuff here for fans of Lamontagne's dark alt-country persona. The title track overflows with impending Appalachian doom. Outstanding track: Repo Man

GRAHAM ROCKINGHAM

Actress discovers her voice

Jill Hennessy Album: Ghost in My Head Label: Master Rock

This debut CD is not the work of a pampered Hollywood waif cashing in on her celebrity with a quickie CD of co-writes and covers. Jill Hennessy never fit that mould, even on television. She learned the ropes busking the streets of Toronto years before finding near-cult status on Law and Order. She has a folky vibrato that suits these ten heartfelt songs written with a nod to the great craftsmen of the '70s. Stark lyrical imagery enters dark terrain from a troubled childhood on tracks like Falling Down, Small Hands and Save Me. Hennessy also finds a storyteller's pen on Erin, a haunting look at the life of an exotic dancer.

Outstanding track: Falling
Down

GRAHAM ROCKINGHAM

and grand

Colleen and Paul Album: Colleen and Paul Label: Boompa

Sometimes you just want to listen to a light,

summery disc. Toronto songwriters Colleen Hixenbaugh (formerly of By Divine Right) and Paul Linklater have created just that, a quick listen of breezy, catchy tunes. While the disc is generally lo-fi and acoustic, it covers a lot of musical ground. Colleen and Paul will never be hit makers, but with such easy and infectious melodies, that's a good thing. Outstanding track: TV Summer

BRYAN BORZYKOWSKI



Toronto's Sweet Thing could be the city's next big mainstream export.

They're loud, brash, polished and poppy, just the sort of thing you'd hear on U.S. rock radio. Songs like the epic U2-like Change of Season and the darker Killers-ish Dance Mother could be chart toppers. As a whole, though, the album is uneven. The band is off to a good start, but it could be a while until they really make their mark.

Outstanding track: Change of Season

Starr's first home to be demolished

Liverpool is planning to bulldoze the house where the former Beatles' drummer Ringo Starr lived out his first three months. The home where Starr lived for 20 years is still standing.

THE ASSOCIATED PRESS

Nugent pays price for hunt

Rocker Ted Nugent will have to pay a \$1,750 fine after pleading no contest to baiting a deer and not having a properly signed hunting tag during a televised hunt. THE ASSOCIATED PRESS

Bieber to perform at MTV VMAs

Justin Bieber is going to have a better seat for this year's MTV Video Music Awards.

The 16-year-old pop sensation has been announced as a performer for the Sept. 12 awards bash.

He'll join a growing Canadian contingent onstage for the event.

Two-time nominee Drake will also perform, while Toronto DJ Deadmau5 will spin live throughout the show.

Kanye West will also perform, a year after his headline-grabbing run-in with Taylor Swift.

Bieber tweeted the

iust MTV made the announcement on their web-site. "Last vear went and nο one knew who i was and this year gonna PERFORM!!!'"

The MTV MVAs will air on MuchMusic.The Canadian press

Tyler bumped off by Perry

A fan-created Ste video of Tor

d Steven Tyler falling off a foronto stage is making

video o From

per month

- TALK & TEXT

 Unlimited incoming text
- Day a second billion
- Per-second billing
- › No system access fees
- → Fido Rewards™
- No activation fee. Save \$35!



the rounds online.

Celebrity gossip website TMZ has posted a 28-second clip of the incident, which happened on Tuesday night at the Air Canada Centre.

The 62-year-old Tyler is shown preening next to guitarist Joe Perry during a performance of Love in an Elevator before toppling into the crowd.

He managed to land upright with help from fans, whom he embraced afterwards.

Last year, Tyler sustained shoulder, neck and head injuries after falling off a stage during a show in South Dakota.

Tyler was also in the news on Wednesday as he's rumoured to be joining American Idol as a judge next season.

THE CANADIAN PRESS

pureopportunity

want more pure points?

not a member? What are you waiting for?

Collect points every time you shop at hmv or hmvdigital.ca and redeem them for cool stuff money can't buy or great discounts in-store.



When you buy any videogame or videogame accessory August 20, 21 and 22





Red Steel 2 with Motion Plus™



AUGUST 20-22 AVAILABLE NOW While quantities last



Tom Clancy's Splinter
Cell Conviction for



Alan Wake for Xbox 360®



AVAILABLE NOW for Xbox 360® While quantities last



UFC Undisputed 2010 for PS3® or Xbox 360®



AUGUST 20-22
AVAILABLE NOW
for PS3® or Xhox 360®
While quantities last



Crackdown 2 for Xbox 360®

69⁹⁹

AUGUST 20-22 AVAILABLE NOW for Xbox 360® While quantities las



Xbox 360® Sli Console 4 GE



Xbox 360® Slim



Xbox 360® controller



Xbox 360® quick charge kit



AVAILABLE NOW for Xbox 360® While quantities last



AVAILABLE NOW for Xbox 360® While quantities last

what else is happening at purehmv.ca?

While quantities last

Just last month, Pure sent lucky members to LA to see the premiere of Inception, to Chicago for a VIP Lollapalooza Experience, and a Meet & Greet with members of HEDLEY. What more will you miss? Check out purehmv.ca today.



HEDLEY

Not to be missed

hmvdigital >

Have you visited hmvdigital.ca yet?

You can choose from over 6 million tracks - all 100% MP3. Store them in your own locker, pay by debit and sync to your existing library.

Get your music. The way you want it.

Pricing applies to specially stickered product only. Selection is subject to availability and will vary from store to store. Certain titles included in this promotion may be displayed elsewhere in the store at a higher price. All sale prices are available for a limited period while quantities last. HMV reserves the right to limit quantities and cease offer at any time.

Jail tale could net Lohan a cool \$1M

• Star set to profit after prison, rehab stints • Father Michael avoids ex-girlfriend's harassment charge

When she gets out of rehab - which could this week, according reports -Lindsay Lohan stands to make a quite a profit, as OK! Magazine is reportedly ready to pay her \$1 million US for her first post-jail interview, according to the Hollywood Reporter.

Her fee for appearances at New York or Los Angeles events has reportedly hit \$25,000 to \$100,000, and she can command around half a million for a Vegas appearance, according to the newspaper.

father Meanwhile. Michael Lohan's ex-fiancee has told a New York judge she no longer wants to purcriminal charges against him stemming from a fight last month.

Both Kathryn Major and Lohan appeared Southampton Town Court on Long Island yesterday. His attorney entered a not guilty plea to the harassment charge. Moments later, Major testified she wanted to drop the charge. She also agreed to drop an order of protection requiring Lohan to stay away from her. In July, she told police Lohan had threatened her during a fight. They have since split up. Town Justice Andrea Schiavoni told Lohan if he stays out of trouble for six months, the case will be dropped.



Connecting you to a full range of non-emergency community, social, government and health services

FREE • CONFIDENTIAL • MULTILINGUAL • OVER 150 LANGUAGES www.211ontario.ca

Lawyers want to question Mel's ex

It looks like Mel Gibson's ex-wife, Robyn Moore Gibson, might get dragged into the ongoing legal battle between Mel and ex-girlfriend Oksana Grigorieva. The Russian singer's lawyers are looking to subpoena Robyn over her sworn statement that Mel was never abusive to her during their 28-year marriage, according to Radar Online. "Mel never engaged in any physical abuse of any kind toward me before, during, or after our marriage," Robyn reportedly said. Grigorieva's



lawyers want to question her motivation for defending Mel. • metro

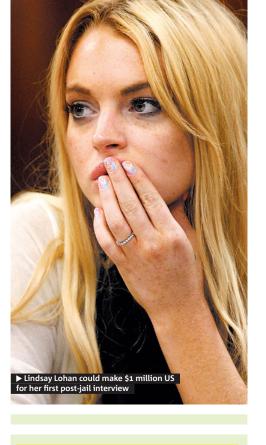
James eves move to Austin

REUNION TOUR Jesse James is set to move to Austin. reportedly following exwife Sandra Bullock, and she's fine with that — but that doesn't mean



they're reconciling. "I support Jesse in his move to Austin." she tells People magazine. "We have both moved on with our lives and only want the best for each oth-

METRO



Celebrity tweets



John May-[@iohn-cmayerl Ladies and

gentlemen, I

am no longer funny on Twitter. Literally 15 attempts to write a thought dashed by my own deleting. :(



Heidi Montag [@heidimontagl cleaning

house and getting rid of my old life, it feels good to live fresh.



Kanve West [Akanyewest | Me and Mos Def had a

push up contest at Nobu last night... Suits on. I did keep on my shoes though lol! Super deep convo followed.





Making sense of fall fashion











Men's grooming

Liz Earle for men after-shaving moisturizer (Naturally active men's skincare)

Redness and bumpy irritated skin, are all signs of post-shave problems. However, Liz Earle for men After-Shaving Moisturiser, is rich in borage and vitamin E which helps sooth delicate post-shave skin. These ingredients help to prevent further irritation and hydrate sensitive areas to maintain a smooth and healthy appearance all-year round. RICHARD PECKETT

LIZ EARLE

\$30.00 lizearle.com

There's no shortage of trends to choose from this autumn and winter



The battle of the decades

The Fifties, Sixties and Seventies all emerged as key points of reference for autumn. Chloé, 3.1 Phillip Lim and Yves Saint Laurent with their wide-leg trousers and billowing blouses, are just a few examples of autumn's seventies-flavoured collections. While Giles, Anna Sui and Miu Miu all had a strong early Sixties undercurrent.

Prada and Louis Vuitton gave up major Fifties references in the form of full, lady-like skirts, corsets and prim kitten heels.

Worth spending your money on: The universally flattering Fifties skirt works perfectly with a crew neck sweater for the office and with an even tighter cardigan for a date night.

Minimalism returns

Thank Celine creative director Phoebe Philo for all the precisely cut looks you're seeing in stores right now. She's mostly responsible for moving fash-

ion away from all the studs, rivets and spikes and towards its current air of restraint: austere white shirts, the crispest A-line skirts, sharply tailored coats you could practically cut your finger on, you get the idea. Calvin Klein, Stella McCartney and Maison Margiela were all similarly enthusiastic champions of these ideas for fall.

Worth spending your money on: A clean, well-made blazer or coat. It might be your most expensive purchase, but it will never go out of style.

Old comforts

Just about everything classic is cool again. Aviator jackets (Burberry Prorsum), Fair Isle knits (D&G), heather gray sweats (Dries Van Noten), velvet anything (Ralph Lauren), the list goes on. The beauty of these staples is that they have a can't-go-wrong versatility to them. It's almost impossible to wear them badly.

Worth spending your money on: A shearling-lined aviator jacket is not only warm to get you through winter, but it looks equally right with a dress or jeans.

What to skip

- Anything that has a highwaist, wide-leg and a tapered ankle — in the same garment. The trousers look great on models, but most likely not so good on you (or us).
- Chunky, color-block heels. Balenciaga did these. They are very expensive. The knockoffs are in stores. But they don't look anywhere close to the real thing. Resist them.



Landing on the Moon

• Bay serves up modern essentials with new affordable apparel line

Budget-conscious fashion has become big business with consumers flocking to mass retailers in search of trendy yet affordable ap-

But with the nationwide launch of its new apparel line, Moon, the Bay is aiming to do more than just appeal to cost-conscious consumers looking out for their bottom line.

The line's debut offerings comprise a range of streamlined separates designed to be versatile for everyday wear in addition to serving as building blocks in the modern woman's wardrobe.

Prices for the line span from \$19 to \$79. The offer-

ings include classic shirts, cardigans, turtlenecks, blazers, dress pants, jersey knit dresses and skirts in mini, pleated and pencil styles. Outerwear runs up to \$139.

"It's a collection of essential pieces for work and play, evening and day," said Saul Mimran, president of the Mimran Group, whose company partnered with the Bay on the line, which is geared toward women aged 25 to 45. "It's well priced, and is for the lady who is on the way

Mimran said the key change in dressing today's woman has to do with fitness and lifestyle.







"She's working out, she's fit, she's eating well, and she wants to show it, and she should, and we want to be there to help her," he said, pointing to the leaner cut in the de-

"She's also very interested in making a good investment in her clothing, doesn't want to be so fast that it's worn once and thrown out. We hope that these clothes can hang in her closet for many seasons and be worn many times over."

► A cowl top

Last year, the Bay re-launched The Room at its flagship Queen Street location in Toronto devoted to showcasing higher-end lines. But the retailer is broadening its focus beyond luxury offerings to compete with other retailers offering moderately priced apparel.

"What we're trying to do is look at brands, and not only Moon, but go af-

ter other brands that are great price points ... and have a contemporary feel," said HBC fashion director Suzanne Timmins. "That's part of our strategy."

A Moon cardigan

"These are great prices, but they're also keeper pieces, and the kind of pieces that you'd have from season to season and build on, hopefully within the Moon brand itself," she said of the new collection.

The new line's moniker also has its ties to a Canadian fashion heavyweight. Moon was the name of the Toronto boutique opened back in the '70s by Mimran Group partner and designer Alfred Sung. Moon is also part of Sung's name.

THE CANADIAN PRESS











The strange words of Ikea furniture

• Why is Billy called Billy? What does Expedit stand for? What's the meaning of Lack? • The elaborate method of naming the Swedish company's products makes perfect sense



baffled non-They've Swedes for years and become he subject of countless internet jokes, but Ikea bosses say their strange-sounding product names make perfect sense!

'It all started with Ingvar Kamprad (founder of

Ikea) thinking it was too hard to remember products just by their numbers so he started naming everything instead," said Ylva Magnusson, press manager at Ikea in Sweden.

As Ikea started growing into the giant company it is today, a small team of people were given the task to come up with names for everything in the product

A system was worked out. Beds and wardrobes were named after places in Norway, while bookcases were given Scandinavian boys names or named after professions. Bathroom articles were named after Swedish lakes. It all made perfect sense!

But Magnusson added: "Now there is a database

where potential names are stored. We have 9,500 products and about 30 per cent

are changed every year.

"That's 3,000 new names every year so it's really important that the names are not recycled and that we have checked and cleared names that might be offensive in other lan-

So why keep the Scandi-

navian names?

For instance, if the plastic box Samla was named Collect in English, then people might understand the name in other coun-

"But, at the same time, the names are seen as exotic in many places. And being Swedish is a big part of our soul and brand," said Masnusson.

What's in a name?

How names are chosen for Ikea products

- Beds, wardrobes, hall furniture: Norwegian
- Dining-tables and chairs: Swedish places
- Bookcases: Professions. Scandinavian boys names **Bathroom articles:** Names
- of Swedish lakes, watercourses etc.
- Kitchens: In general, names suited to how the individual products are
- Desks, chairs and swivel chairs: Scandinavian names of boys
- Garden furniture: Names of Swedish islands
- Rugs: Danish place names Bathroom articles: Names
- of Swedish lakes, watercourses etc
- Lighting: Measurement units, seasons, months, days, shipping and nautical terms

Canlo Strome Imc. Your Natural Stone Headquarters









With over 25 years experience, our dedicated staff will help you create your own natural paradise.

- UNILOCK® PAVERS
- NATURAL STONE PRODUCTS
- BOULDERS, DECORATIVE STONE
- PISA RETAINING WALL SYSTEMS
- STONE DUST, SAND
- GRANULAR A, TOPSOIL
- STONE CUTTING
- ROLL-OFF BOX RENTALS

VISIT OUR INDOOR SHOWROOM AND OUTDOOR DISPLAY AT 950 MOODIE DRIVE 2 KMS SOUTH OF HUNT CLUB ROAD









How to host party on a tight budget

▶ Having your friends over needn't put a hole in your wallet ▶ Here are some decor, drinks and food tips for that under-\$100 dinner soiree

DECOR MOMENT

KARI, I.OHNES HOME@METRONEWS.CA



With summer quickly closing down I want to enjoy the outdoors as much as

possible during the last remaining weeks. I love to have friends visit and there is one thing I have learned this summer is that it doesn't have to be expensive. How can you entertain six people for dinner, drinks and set an attractive table for less than \$20 per person? I came up with some great money-saving ideas for end of summer entertaining



that is sure to impress your guests:

Tapas-style dining creates creative grazing throughout the evening and encourages guests to experience many food flavours throughout the evening. I like to serve a variety of pre-made salads and hors d'oeuvres alongside exotic dips

sauces;

Find a good wine that everyone will like for under \$10/bottle. Piat d'Or wine can be found at most liquor stores across the country for around \$9 per bottle. They've recently done some re-branding and have got a

this way everyone can customize their grazing experi-

ence. Garnish your plates with edible fruits, nuts and vegetables that not only look pretty but can be nibbled between servings. Cost: \$25-40.

in some good tableware with the less expensive. I find great tabletop items at Your Dollar Store With More (they sell things that cost \$1

chardonnay

\$45/5 bottles

Decor

favourite; red merlot. Cost:

Other options: After dinner

make a delicious sangria. Put 1 ounce of orange

liquor, 3 cups of fresh

chopped fruit, 1 cup of

white cranberry juice and a bottle of wine in a large

pitcher. Let sit for 15 min-

Outdoor entertaining al-

ways allows for plastic and

paper, but I suggest mixing

utes, then serve over ice.

and up). Try to keep your colour choices to a minimum of two. This will allow paper, plastic and glass items well co-ordinated. Layer a clear glass salad plate on top of a colourful plastic din-



Research key to home additions

Ask William Carter about expanding your home and he's going to be blunt: It will be expensive. It will be messy. And it will take time.

"This is a very taxing process," says Carter, who has renovated homes in California for three decades and is now board chairman of the National Association of the Remodeling Industry. "You're probably going to make 1,500 to 2,000 decisions before this project is complet-

But, he says, if you plan carefully and trust your instincts, you can end up with a quality project and everyone will be friends afterwards."

Like all remodelling projects, adding on to your home starts with planning and research. In surveys of Consumer Reports readers who have remodelled their homes, "the thing they wish they had done is spent more time up-front," says Celia Kuperszmid-Lehrman, deputy home editor at the maga-

Make detailed notes

about the basics you want, and a separate list of special things — maybe skylights or a fireplace — that you'd love to include but can live without.

"There is almost always a conflict between what you can afford and what you want," says Bill Harbrecht, a retired contractor from Florida who shares his knowledge at Remodel-

ing4Dumbells.com.

Basics such as "foundation, framing, basic electric and heating are built-in costs and there is no way around them. Be sure to plan a large enough addition, he says, because scrimping on space may leave you unsatisfied with the finished product.

But also consider how the value and size of your home compares with others in the neighbourhood. "You don't want to go crazy beyond what's common in your neigh-bourhood," says Kuper-szmid-Lehrman, because building too big can make it harder to recoup the money when you eventually sell.

THE ASSOCIATED PRESS





VISIT OTTAWA'S LARGEST FURNITURE AND APPLIANCE SHOWROOM TODAY!

10:11 a.m.: your boss gives you a raise.

10:12 a.m.: you give your landlord notice.



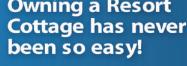
10:13 a.m.
Time for
mortgage
advice.

With longer branch hours and Mobile Mortgage Specialists that come to you, getting mortgage advice is convenient.

At TD Canada Trust we would like to add to the excitement of buying your first home, not the stress. So when it's time to discuss your mortgage options, you can meet with one of our in-branch representatives 8 'til late six days straight (check our website for individual branch hours). Or one of our Mobile Mortgage Specialists can come to you, days, evenings, weekends, even outside of branch hours. Just tell us the "where" and "when" that works for you, and we'll help you understand the "how". It's just another way we're making banking more comfortable.

Visit any branch or call a Mobile Mortgage Specialist at 1-888-660-5965. www.tdcanadatrust.com/myhome







Create a lifetime of memories when you own a Resort Cottage at McCreary's Beach. With facilities and activities for the whole family, our Family Fun Zone which includes a health club indoor pool, hot tub and squash court, McCreary's Beach is the perfect spot to call "Your Ultimate Family Resort on the Lake". Imagine a maintenance free cottage that allows you time to spend with family and friends.

McCreary's Beach Resort Cottage come complete with

- Up to 3 Bedrooms
- Fully Furnished
- Beautifully Decorated
- · 4 Piece Bath
- All Appliances
- Large Decks
- Central A/C
- Optional Sunrooms

Packages range from \$39,900 to \$89,900

*Plus applicable taxes and fees. Financing available O.A.C.







Visit us now at www.McCrearysBeach.com or call 1.877.814.4141

OPEN HOUSE THIS WEEKEND! Only 60 minutes from Ottawa.

Special finance rates brough to you by Royal Bank & BMO



вмо 🐸



RESORT COTTAGE

Everyone has a favourite memory of spending summers at the cottage. The parks seemed like a good option, cottage experience is as Canadian as peameal bacon or real maple syrup and season, I just couldn't get the picture of should be experienced by everyone at least once in their life. Trailer park boys out of my head. The cottages I liked seemed to cost as

have to share the cottage experiences | more | thought about cottage owner-As I looked into cottages I found it was quite simple to find something to rent but what about ownership? The thought of being able to escape after long week at work would be great.

What I found is that cottages can be very expensive. My grandfather had told me the story of how each of his and they got a little place with an out house on Chandos Lake up near Apsley, crazy eights before the kids would get Ontario. All I could find for twenty bored. grand nowadays was a pop-up tent trailer that we would need to tow

around to campgrounds. Camping on the lake but it's not a little trailer wasn't going to be an option anyway as campground either. They call them my wife's idea of roughing it was a hotel "Resort Cottages" or "Park Model

without room service. Although RV activities for the kids, secure in the off

So here I go looking into the options I much as my home if not more. The had with my children. What are the options and how can I afford them? ship the more I realized it would mean two houses to maintain and the whole idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relax-ing. I could afford a "Fractional Ownership" type cottage with maintenance fees. I could justify the fees as they do all the work, but one hundred thousand for something I could only use for 4 or 5 three brothers chipped in five thousand weeks wasn't the answer either, besides we can only play so many games of

> Then I found an alternative, it's not a four hundred thousand dollar cottage on the lake but it's not a little trailer in a

beautifully decorated for only \$59,900 to \$129,900 and if I wanted to start in something a bit smaller I could get into a perfectly comfortable vacation home for only \$39,900. It turns out that RV's (recreational ve-

Homes". Just imagine a small cottage

hicles) come in all shapes and sizes. The models come in one, two and three bedroom floor plans that sleep up to eight comfortably and come fully furnished. You can own one in a resort that has converted itself from a trailer park to a Park Model Resort. They are up scale properties that usually have plenty of activities for everyone from heated pools and kids clubs to recreation halls where they host events like wine and cheese parties or themed dances. McCreary's Beach Resort on Mississippi Lake was the perfect spot for me and my family. Only 60 minutes from Ottawa with great fishing and loads of activities. McCreary's Beach is one of the best lake front properties I have come across and some of the best family resorts we have ever seen. They made owning a "Cottage" easy and cost effective...without a catch.

If you are in the market for a cottage or cottage alternative contact my friends at McCreary's Beach Resort,

1-877-814-4141

or just visit their web site www.mccrearysbeach.com

POST BOX WOES

We are the purchasers of a newly built home and upon inspection of the property and the house before we moved in, we were confronted with a "super mailbox" on the corner of our property. Not only is it ugly, it will result in a dramatic increase in traffic with the suburb's residents stopping by to get their mail. Also, this will decrease the value of our home if we list it for sale. What can we

This is yet another instance where you should have had this potential issue pointed out to you if you had your agreement of purchase and sale reviewed by your lawyer in the cooling off period.

Contained in virtually every agreement is a provision warning and allowing the new purchaser that their property may be subject to a variety of different structures ranging from cable and phone boxes to mail boxes.

Obviously, the most infringing of these structures are the relatively new super mail boxes.

Unfortunately, there is nothing that can be done about this at this time. If it was a grave concern to you, it could have been raised during the cooling off period but now that the house is built and the mail box is installed, you have to live with it.



Go with the flow

Maintenance can help stop pipes from getting clogged

A backed up pipe in the bathroom is a drag, to say the least. It's one of the most used rooms in the house, but have you been performing the proper maintenance on a regular basis? Direct Energy has a few tips to keep the plumbing in your washroom operating efficiently.

Hair and dental floss are not friends to your drains. When shed-resistant floss enters the sewage system, it bonds with other waste and forms large clumps that

block pipes. Hair poses a similar problem. Discard hair and your used floss in the wastepaper basket and use strainers in the sink and tub to keep hair and soap clear of your pipes.

À dripping tap can waste up to 15 gallons of water per day. That's a lot of water. Avoid wasting this precious resource and ensure taps are fully closed and replace any tap that continues to drip even when fully tightened shut. Install lowflow showerheads and toi-

Online tips

More plumbing tips can be found online at www.directenergy.com or toll-free at 1-888-334-8221

lets. Think about it, a 10minute shower with a conventional showerhead can use up to 42 gallons of water. Low-flow showerheads and toilets use far less water, which will save a few dollars on your water bill.

TOP 5 CONTRACTORS RECOMMENDED BY METRO READERS

KULLA ELECTRICAL CONTRACTORS erv clean and efficient workers, a ple

Gus Young
"Gus Young is the best contractor I deal with."

DONN THE PLUMBER ional services at affordable rates."

DHN NICOLETTA ohn provides fast and very good service."

MARCEL GOUGEON eable & quality service. Excellent professional work."

NEXT WEEK'S TOP 5 – INSURANCE AGENTS

Recommend your Contractor by Friday and you could WIN A HP MINI 10.1" NETBOOK! TO ENTER VISIT METRONEWS.CA/GIGPARK





Visit metronews.ca to watch



Every great sandwich begins with great bread



Not only does La Bottega Nicastro sell a bounty of fine food, they also make the best sandwiches in town

LUNCH RUSH

SHARI GOODMAN FOOD@METRONEWS.CA



Picking the right ingredients that go together

key in any dish, and so true for the simple sandwich. At La Bottega Nicastro, you can choose different breads, such as cirioli, baguette, soft Panini, or my favourite: Fo-

Committing to a sandwich decision is difficult with all the filling choices: 10 deli meats, nine toppings and three cheeses. I kept mine simple. Italian ham, Provolone, lettuce, tomato and mayo. It was perfect. lust enough meat to bread

Although they do have a few tables for dining in and a couple for dining outside their storefront, most people take their sandwiches to go. While meandering to the checkout, it's difficult to resist grabbing a bottle of extra virgin olive oil and an Italian Baci chocolate with its love note inside: Every great love begins with a

La Bottega Nicastro Fine Food Shop

64 George St. (613) 789-7575 Price range: \$ Reservations: No Client negotiations: No Lunch with co-workers: Social lunch: Yes Quick solo lunch: Yes

Peach Breakfast Crostini

Ingredients:

- 500 ml (2 cups) thinly sliced, pitted peaches
- 250 ml (1 cup) blueber-
- ries
 250 ml (1 cup) raspber-
- 50 ml (1/4 cup) chopped crystallized ginger
- 30 ml (2 tbsp) maple syrup
- 15 ml (1 tbsp) chopped fresh mint
- · 24 slices of baquette, cut 1 cm (1/2 inch) thick
- 15 ml (1 tbsp) butter,
- 5 ml (1 tsp) ground cinnamon
- 5 ml (1 tsp) granulated sugar
- 50 ml (1/4 cup) low-fat cream cheese

Preparation:

- Preheat oven to 190 C (375 F).
- In a bowl, combine peaches, blueberries, raspberries and ginger. Drizzle with maple syrup and toss gently to combine. Sprinkle with mint. Let sit for 15 minutes or covered for



up to 6 hours

- Arrange slices of baguette on a rimmed baking sheet. Brush one side of each slice lightly with melted butter and sprinkle with cinnamon and sugar. Bake in the centre of the oven until toasted and golden, turning once, about 8 minutes.
- Spread cream cheese lightly over each toast and top with fruit mix-

Tip: If you want bread a little softer, do not toast.

THE ASSOCIATED PRESS



August 2010

FRI SAT SUN MON TUE WED THU 20 21 22 23 24 25 26

Limited to Ottawa Store

Supermarket

9am-9pm (Sat-Thur) 9am-10pm (Friday)

Celebrate § Mid-Autumn Festival 9/22/2010

Wide variety of famous brandี Moon Cakes from Asia are now available at T&T



Longans

색표 😥



Atlantic



Chicken Wings



BBQ Pork Side Ribs





Instant **Noodles** Jumbo

Shrimp &

kraft foods Text Exclusive CELEBRATE SUMMER! When you buy





Coupons and recipes are available in stores.

Kalbi / Bulgogi

Parker

Dumplings

www.TnTsupermarket.com

Make 2010 your most Colourful

year yet













0













1 MS OFFICE 2010

A must-have for every student. The 2010 Home and Student version includes Word, Excel, PowerPoint and OneNote. Future Shop, \$159.99

2 IPOD MINI SYSTEM

Add some funk to your dorm room with the new Sony RDHSK8IP iPod Mini System. The Source. \$149.99

3 GIRLS BACKPACK

Go back-to-school in style with the Chocolate Butterfly bag. Pottery Barn, \$55

4 2GB USB DRIVE

USBs aren't boring anymore. Staples exclusive, \$14.98

5 HP MINI 210

Available in Preppy Pink and White Crystal Best Buy, \$399

6 KNOCK KNOCK COLLECTION

A hip and hilarious line of school essentials boldly designed in fresh colours. One/three subject notebooks, magnets, erasers, water bottle. Indigo exclusive, \$2.99-\$9.99

7 CALCULATORS

Magnetic backs make these quirky calculators great for lockers. Various shapes and colours available. Staples exclusive, \$4.98

8 IPAD

iPad with Wi-Fi 32GB Apple, \$649.99

9 REFRIGERATOR

Late night studying can lead to late night hunger. The Magic Chef 3 CU. Ft. Refrigerator is the ideal size for a dorm room. Home Depot, \$97.99

10 LUNCH BAG

Balanced Day lunch kit has two food compartments. Boomerang Kids, \$16.95

11 MICROWAVE

The 700 watt Magic Chef Microwave offers 10 power levels to heat up mom's goodies. Home Depot, \$37.99

12 YOU NAME IT BABY

A practical, personalized duffel bag. Ships across Canada. younameitbaby.com \$31.99 plus \$6 for personalization.

Mechanical Technician-Toolmaking



Co-op Apprenticeship

Successful graduates of this program will receive the 2-year Mechanical Technician diploma, the Algonquin College Apprenticeship Certificate, and be officially registered as a General Machinist Apprentice.

Job opportunities exist in aerospace, biomedical manufacturing, high tech and defense.

For more information, contact:

Misheck Mwaba, at mwabam@algonquincollege.com call 613-727-4723 ext. 7062 or visit,

algonquincollege.com/toolmaking





sports

Up and down

Rafael Nadal The top-ranked didn't have much trouble winning his opening match at the Cincinnati

Masters. Nadal took control at the start of his 6-2, 7-5 win over American Taylor Dent.

Favre finally takes to the field

Brett Favre says the strong chance of playing in another Super Bowl brought him back to the NFL — again.

back to the NFL — again.

Favre joined his Minnesota Vikings teammates at practice yesterday. The three-time MVP wore a helmet, shoulder pads and red quarterback's jersey as he worked out with the team for the first time since getting battered by New Orleans as the Vikings lost the NFC. Championship game

NFC championship game. Favre said the chances of "I owe it to this organization to give it one more try."

BRETT FAVRE

making the Super Bowl with Minnesota "are much greater than other places."

"I was so close, so close to getting these guys to the Super Bowl," Favre said. Not that coming back

Not that coming back was a simple decision.

was a simple decision.
"I could make a case for

both playing, not playing," Favre said. "This is a very good football team. The chances (of going to the Super Bowl) here are much greater than other places. From that standpoint, it was always going to be easier (to return)."

Expectations are high for Favre, even at 40. He's the NFL's leader in nearly every significant passing category and the winningest regular-season quarterback ever.

THE ASSOCIATED PRESS



Jays lose rubber match in Oakland

Surmount 4-1 deficit in top of ninth only to let game slip away





Justine Henin
The former No. 1 will
miss the rest of the
2010 season as she
recovers from an elbow injury. Henin,
28, suffered the injury at Wimbledon
in July. She said on
her personal website
that she would not
be able to practise
again until October.

4 5



BLUE JAYS

ATHLETICS

The biggest reason for the Oakland Athletics' perfect record this season when leading after eight innings is their stingy relievers.

On a day when the normally reliable bullpen failed, Cliff Pennington bailed the team out.

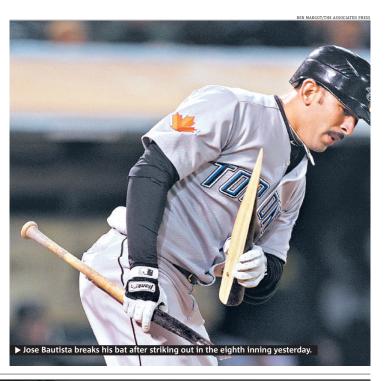
After failing to get a sacrifice down, Pennington managed to win the game with an RBI single in the bottom of the ninth inning

that gave the A's a 5-4 victory over the Toronto Blue Jays yesterday.

The A's blew a 4-1 lead in the top of the ninth but managed to pull out the victory to remain undefeated in 51 games this season when they led after eight innings.

Steve Tolleson started the winning rally with a leadoff single against Casey Janssen (4-1). Pennington tried to lay down a bunt but was unable to do it before getting two strikes. After Tolleson advanced on a passed ball by Jose Molina, Pennington was looking to advance the runner with a grounder to the right side.

Pennington did Just that and ended up winning the game when the ball made it to right field. Tolleson beat Dewayne Wise's throw home to score the winning run. THE ASSOCIATED PRESS





Crossword

12

15

18

24

31

34

47

51

54

25 26

42

- 1 Unopened roses 5 "Oh, woe" 9 Hair goop 12 Persisting 13 Crooked 14 Past 15 Identifier of a sort 17 Swab 18 Spanish wine 19 Actress Wither spoon 21 "Forget it!" 22 Dr. Salk 24 Martial art 27 Long March leader 28 Hoodlum 31 Loser to Ghana in the 2010 World Cup 32 Mischievous tyke 33 Raw rock 34 Office part-timer
- 38 Icicles' locations 40 Exist 41 Where the action is 43 Celebration 47 Started 48 Fool

37 Do laps in the pool

36 "- Miserables

- 51 Stiller or Stein 52 String instrument 53 — out (supple-
- mented) 54 Alias abbr 55 Tend texts 56 "- hear you cor-

rectly?"

- 1 Prohibits 2 Hexagonal state 3 One thin -
- 4 Buffet table fuel
- 5 With skill 6 Meadow 7 Picnic intruder 8 Unyielding 9 "Jeopardy!", e.g. 10 Hollywood clashers 11 Bound along
- 16 Expert 20 Dine 22 New Testament book
- 23 "My bad" 24 Protrude 25 Work with
- 26 Barry Humphries portrayal

Today's horoscope

T Aries March 21-April 20 Look

and act confident in everything

you do today and you will ac-

complish great things. Fortu-

nately as an Aries you don't

really have to act: you know

¥ Taurus April 21-May 21 Each

way you turn today there will

be someone who rubs you up

the wrong way. You might

want to get angry with them

but the planets warn that if

you react it will only make mat-

II Gemini May 22-June 21 A

conversation you listen in on

today will get you thinking,

but before you act make sure

one says it does not make it

it's reliable. Just because some-

you are the best.

ters worse

27 Marathon fraction 29 Spoonbender Geller

35

39

48 49 50

52

55

38

30 Idaho, the — State 35 Zero-star review 37 Get angry

13

32

36

22

16

- 39 Trumpet feature 40 Chest protector 41 Actress Jessica
- 42 Stench 43 Fedora material
- 44 Munro pseudonym 45 Even 46 "The King —"
- 49 Help 50 Miss Piggy's pro-
- noun

➤ Yesterday's answer

G	0	L	F		D	Е	s		0	В	1	s
0	М	Α	R		Ų	G	Н		С	Ε	D	Ε
U	Ν	D	Е	R	Α	G	Е		Α	٧	0	W
Р	1	S	Т	0	L		М	0	R	Е	L	S
			Ş	C	1		Р	Α	1	R		
Р	Α	S		Α	Т	М		К	N	Α	С	К
S	Ν	U	В		Υ	Α	М		Α	G	U	Ε
1	Ν	F	R	Α		Р	0	Р		Е	R	G
		F	0	N	D		Т	Α	М			
G	Υ	R	Α	Т	Е		1	С	Α	R	U	s
R	0	Α	D		С	0	٧	Е	R	Α	G	Е
Ų	R	G	Ε		0	D	Ε		D	1	L	L
-	_	-			11	_	_			5	11	

Sudoku

	4			6				9
		3	8		5			2
			3	1	4			
	6					1		
8	3						2	5
		7					8	
			1	4	2			
6			7		9	8		
1				8			5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	6	1	7	5	8	2	4
1	5	7	2	8	4	9	6	3
8	2	4	6	9	3	5	7	1
4	3	1	8	6	9	7	5	2
9	7	8	5	3	2	1	4	6
2	6	5	4	1	7	3	9	8
6	1	2	9	5	8	4	3	7
7	8	9	3	4	6	2	1	5
5	4	3	7	2	1	6	8	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my mom, Beanie. Thanks for everything you do for me. LOVE BRANDON

Jesse; 3 years together already baby! Guess its really true- All you need is love!

A million blowing kisses to my one and only Sweety Pie for preparing all my meals. They are yummy and healthy and have made me lose an unbelievable 30 lbs so far. Now I am as fit as you are. You're simply the best! LOVE, KULOT

Shotgun Shorty you sit passenger in the ride. You stay close, stay ready like the shotty on the side. And as life unfold around you, make sure your eyes stay open wide, cause Shorty know a Shotgun make a Superheros bride.. Happy 7 Months Baybee. LOVE YOU

BEEN YDS IDYL

10

30

14

17

33

44 45

19 20

40

43

28

37

53

56

G Cancer June 22-July 22 You will find it difficult to keep your opinions to yourself today, and the result could be a major argument. You have

Ω Leo July 23-Aug.23 Don't be too hard on yourself if you have made some kind of mistake. The important thing is that you learn from it and don't make it again.

important things to say and if

others get annoyed it means

you are saying them right.

My Virgo Aug. 24- Sept. 22 Take control of your life and stay in control no matter how much others might pressure you to let them make decisions for vou. Trust no one but vourself over the next 24 hours — and even then not entirely!

For today's crossword answers and for expanded horoscopes, ao to metronews.ca

← Libra Sept. 23-Oct. 23 You may look confident on the outside but on the inside you are worrying yourself sick about something that should have been dealt with a long time

M Scorpio Oct. 24-Nov. 22 YOU will find yourself at odds with those around you today, especially if you are one of those Scorpios who insist on putting their feelings into words no matter what effect it might have on others

Nov. 23-Dec. 21 Authority figures seem to be giving you a lot of grief at the moment, but the good news is that today's cosmic influences will help you turn on the charm.









JOEL PHILIPPSEN/THE ASSOCIATED PRESS

り Capricorn Dec. 22-Jan. 20

Download WeatherEye to your smarlphone.

Focus your mind in one particular direction and don't let anything distract you. If you try to get your thoughts round several things at once you will only confuse yourself.

Aquarius Jan. 21-Feb. 18 Be careful you don't let slip information that is not yours to divulge. If you do it is unlikely that a friend will ever trust you

⊢ Pisces Feb. 19-March 20

You enjoy taking an opposing viewpoint to everyone else, because it gives you the chance to show how tough-minded you can be. Today though you must be careful who you disagree with.

SALLY BROMPTON





You WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's



ADMITTING YOU WANT **TO WIN PRIZES & GET GREAT DISCOUNTS** IS THE FIRST STEP.





JOHN D. QUOC CHINESE MEDICINE, **Acupuncture & Massage Clinic**

JOHN. D. Quoc DTCM., C.A.C., D.A.C., B.S.C., B.P.h., D.N., D.O.

Over 30 years clinical experience & research-Disposable Needlescof Acuproture Specialist - Pharmacist - Osteopath - Naturopath - Massotherapie
Former Professor at Saligon Medicine/Pharmacy University, Vietnam FREE CONSULTATION

RECOMMENDED FOR:

Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fybromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc.

> Vanier Medical Centre 292 Montreal Rd., Vanier 613 263 0063 • 613 276-7750

FLIGHT CENTRE Unbeatable

Puerto Plata

7 Nights 4-Star All-inclusive

Bahia Principe San Juan
Departs Sep 13/nol/ts.

I 866 720 4853 | flightcentre.ca

apply, E.x. "Montreal. Package price is per person, based on double occupancy for total length of stay, cludes rounting air. Prices are for select departure dates and are occurret and subject to availability at rores and amission excepted, and subject to change. East, & fees include transportation related els upplements and are alproximate and subject to change, noi=noilauns, st=qiir transat. Head off & W state 200, Torrano, ON. Calif for real lications. ONT. REG. ##461734



2010 SIERRA REVADA EDITION

2010 SIERRA NEVADA EDITION

MSRP \$33,360

EMPLOYEE PRICING



EMPLOYEE PRICING

HWY: 11.4L/100sm · 25mpc CITY: 15.9L/100sm · 18mpc*



LOYALTY BONUS

CHROME EQUIPPED VEHICLES IN STOCK NOW. WHEN THEY'RE GONE, THEY'RE GONE.

2010 GMC TERRAIN SLE

MSRP \$27,465

EMPLOYEE PRICING

26,652
INCLUDES FREIGHT, PDI & FEES

2010 GMC ACADIA SLE

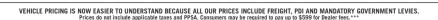
MSRP \$37,930

EMPLOYEE PRICING









ASK ABOUT

Retire Your Ride

Summerhil











worry-free unlimited talk and text

RECEIVE 25,000

SHOPPERS OPTIMUM BONUS POINTS® WITH chatr wireless™ ACTIVATION.5

VISIT PARTICIPATING STORES FOR DETAILS.



Optimum





For more info, visit chatrwireless.com

Nokia 1661

- Compact and lightweight bar phone
- Handsfree speaker

\$60

Samsung Gravity

- Slide out, QWERTY keyboard
- Built-in cam

\$130

LG GB125R

- Compact flip phone
 - \$75

Offers subject to change without notice. While quantities last. We reserve the right to limit quantities, chart wireless service available in select areas. Visit chartwireless.com for full details. Phone selection may vary by location. 1 With select 3-year terms. 2 With new activation on any 3-yr term voice and data plan having min. combined monthly service fee of \$45.3 With 2-year Fido Agreement. 4 With 3-year Fido Agreement and Data Add-on. 5 Offer valid from August 1, 2010 to August 31, 2010. This is a one-time Shoppers Optimum Bonus Points offer with no cash value. To qualify for the offer, customers must have a valid Shoppers Optimum Bonus Points are not awarded or redeemable on Rogers or Fido products or services including handsets, accessories or plans. Offer cannot be combined with other Shoppers Optimum Bonus Points offers. Please allow 10 Udays following activation for the Shoppers Optimum Bonus Points offers. This promotion is offered at the sole discretion of Rogers or Fido products or an affilial or a member of a many becanceled or amended at any time without further notice. All Rogers or Fido purchases made using the Shoppers Optimum MasterCard* will receive 5 Bonus Points per \$1 spent. Offer cannot be combined with other Shoppers Optimum Points offers. "Trademarks of Rogers Communications or an affilial en used under license." "Fido & design are trademarks of Fido Solutions inc." "Chair and related read engages are trademarks used by Chart Wireless © 2010. BlackBerry, RIM, Research in Motion, SureType and related trade—with a cannot be combined with other Shoppers Optimum Points offers. Trademarks or registered trademarks of their respective owners. © 2010

$\label{locations} \mbox{Rogers and Fido available at these locations.}$

OTTAWA GREENBANK & CRAIG HENRY
MERIVALE & BASELINE BEACON HILL SHOPPING CENTRE
WESTGATE SHOPPING CENTRE

WESTGATE SHOPPING CENTRE

MERIVALE MALL

THE GLEBE - 702 BANK ST.

CARLING & BAYSHORE

RIDEAU CENTRE

MEADOWLANDS

& PRINCE OF WALES

CARLING & BAYSHORE

BELLS CORNER

BANK & HERON BANK & LAURIER

PATTERSON & OTTAWA
WALKLEY CENTRE
KANATA

KANATA
SIGNATURE CENTER
VAN LEEUWEN CENTRE
EAGLESON & STONEHAVEN
MORGAN'S GRANT

ORLEANS FALLINGBROOK CENTRE

INNES ROAD & MER BLEUE
PLACE D'ORLEANS
& ST JOSEPH
INNES ROAD &
PORTOBELLO BLVD.

BLACKBURN BYPASS & 10TH LINE NEPEAN BARRHAVEN

<mark>ean</mark> Rhaven Pman Mills ARNPRIOR
CARLETON PLACE
EMBRUN
GLOUCESTER

KEMPTVILLE PERTH PETAWAWA & CIVIC CENTRE SMITHS FALLS STITTSVILLE

chatr available in Ottawa locations.

Visit your Shoppers Drug Mart Wireless Specialist: Mon.: Fri. 12 noon - 8 p.m., Sat. - Sun. 10 a.m. - 6 p.m.



♠ Metro 101 is your guide to making back-to-school a little less hard to take ♠ Inside: Tips on student approved places to hang, quick recipes to curb your hunger and advice for frosh ♠ The facts about the sporting rivalry between the Ravens and the Gee Gees



No need to sweat the fact

that summer is done

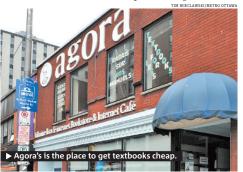


After an eventful summer of hanging out at the cottage, partying with friends, going to concerts and generally just having a blast, the start of the school year can be a little hard to take, never

mind accept.

On the other hand, the school year means hanging out at the dorm, partying with friends, going to concerts and generally just having a blast, once the school work is done, of course.

For students in Ottawa, September rings in new life



and new experiences that just have to be ... well, experienced.

There's no shortage of things to do that don't need to break the bank. Once the tuition is paid, books need to be bought, and this is a proposition that puts the fear of poverty into all who don't know how to do it right.

The Agora Bookstore, at 145 Besserer St., is a student's dream for quality used and inexpensive, school texts. There's always the option of looking at the school bulletin boards for books for sale by students. Both the U of O and Carleton have used book sections in their bookstores and Carleton has the option of renting books.

Once the books are put away, there are several ways

Go sauce-free

Who needs to get blasted to have a blast? Five fun things that won't leave you with a hangover.

1 Take in a show. There are plenty of establishments that offer entertainment, but committing to drink is not a cover charge.
Bands can be enjoyed

of powering down the old think tank, not the least of which is hitting a popular drink tank. There's Oliver's, an institution at Carleton, and 1878 at the U of O, named after the year the school was founded.

La Maison, at 194 Sommerset, is popular with the financially challenged bewith a soft drink in hand.

- If you're a nature buff, Ottawa and the Outaouais have more than their share of beauty. Take a walk along the canal or Gatineau Park, take some nature pictures or just sit in under a tree and read.
- There are plenty of hot spots throughout the

cause of its intoxicating beer prices. The market offers plenty of options as well for beverages and entertainment, but for something a little closer to home, U of O students need only walk across the street to Father and Sons, at 112 Osgoode.

"Thursday night's are good and a lot of people city for the avid, experienced shopper right down to the window gazers.

- Escape reality on the Silver ver Screen, not the Silver Bullet.
- Visit a museum. There are plenty around and most are free at least once a week, usually Thursdays.

come for UFC. They like that," said Stephanie Berube, who not only works at F & S, but is also a U of O student.

"Everyone comes here for a good time," added Wafaa Saab. "It's their home away from home."

Just what every student needs.

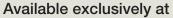


Mini but mighty

Need a movie review? Looking for the band's after party? Easily stay plugged into the scene with tweets, texts, and Facebook™ updates all with Timescape™ on the Xperia™ X10 mini. Plus with customizable corners, you can effortlessly jump to your favourite functions like the stunning 5 megapixel camera. And with access to all the latest greatest Android™ Market apps, you only need one hand to stay on top of it all. Now that's huge.

sonyericsson.com

Xperia[™] X10 mini. Experience more.





The Liquid Identity and Liquid Energy logos, Xperia and Timescape are trademarks or registered trademarks of Sony Ericsson Mobile Communications AB. Ericsson is a trademark of Telefonaktiebolaget LM Ericsson. Sony and "make believe" are trademarks or registered trademarks of Sony Corporation. Google, WouTube, Android and Android Market are trademarks of Google, Inc. Facebook is a trademark or registered trademark of Facebook, Inc. Twitter and tweet are trademarks or registered trademarks of Twitter, Inc. All other trademarks are property of their respective owners. Copyright ©2010 Sony Ericsson Mobile Communications AB. All rights reserved.



Gee-Gees vs Ravens: Game or

• With the Panda Bowl long gone, what do students cheer about? Enter the Capital Hoops Classic



For 44 years, the University of Ottawa Gee-Gees and the Carleton Ravens faced off in the annual Panda Game to determine bragging rights among the rival universities in the

nation's capital. In 1998, the final edition was won handily by the Gee-Gee's, and it was perhaps that embarrassing 59-17 loss that led, in part at least, to the Ravens folding their football program.

Since then there has been a void as far as "The Big Game" was concerned the cross-town schools.

There is women's soccer, which always draws some attention, but never had the impact, or the crowds, that the gridiron games had.

Although there have been some close games, the Gee-Gees have never lost to the Ravens in 16 years of head-to-head action posting a 25-0-7 record.

The Garnet and Grey have a long standing hockey tradition that dates back to 1889.

The Ravens, on the other hand, made a come-back to the Canadian university scene in 2007 after a 33-year absence.

In the past two seasons, the Ravens have climbed in the standings while the Gee-Gees have fallen.

The rivalry has not yet been renewed.

Enter basketball. More specifically, the Capital Hoops Classic.

"It's fun. It's great playing in that venue and in front of that size of crowd. It's great for the guys and the atmosphere is electric."

DAVE SMART, RAVENS COACH



For the past four years the two schools have met in men's basketball at Scotiabank Place (formerly the Corel Centre) to give both schools something to get excited about on a cold winter's night.

The Gee-Gees won the inaugural event, but have dropped the past three to the Ravens, winners of six of the past eight national

championships. "It is fun," coach Dave Smart said.

"It's great playing in that venue and in front of that size of crowd. It's great for the guys and the atmosphere is electric."

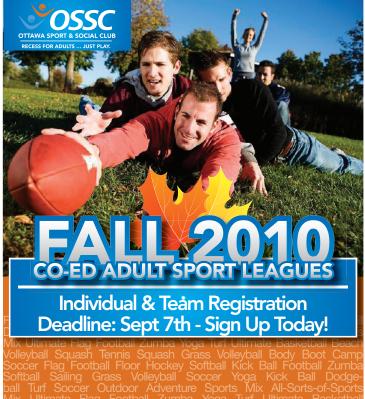
As far as the Panda Game making a return:



Subscribe NOW at koopon.ca to get coupon alerts.







OSSC.ca | info@ossc.ca | 613.565.TEAM









SPECTRA

PUNK OTTAWA

ticketmaster

TICKET WEB



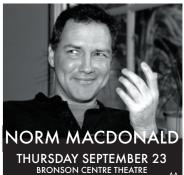




















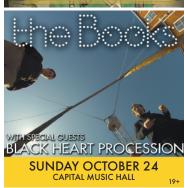






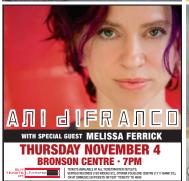














09/13 - NACHTMYSTIUM, ZOROASTER @ MAVERICKS • 09/14 - BLIND WITNESS, CHELSEA GRIN, ATTILA @ MAVERICKS • 09/17 - SUBHUMANS @ MAVERICKS • 09/23 - WINTER GLOVES @ MAVERICKS • 09/27 - MURDER BY DEATH @ MAVERICKS • 10/32 - DEEPHOOF, XIU XIU @ CAPITAL MUSIC HALL • 10/03 - PAPER LIONS, LIBRARY VOICES @ MAVERICKS • 10/03 - DOA @ MAVERICKS • 10/11 - WE CAME AS ROMANS @ MAVERICKS • 10/14 - THE CREEP SHOW @ MAVERICKS • 10/14 - DESPISED ICON @ RITUAL • 10/16 - CARPENTER, COBRA SKULLS @ DEKCUF • 10/16 - BRUCE PENINSULA @ MAVERICKS • 10/17 - MUSTARD PLUG @ MAVERICKS • 10/21 - DREADNOUGHTS @ MAVERICKS • 10/25 - JOSH RITTER, BASIA BULAT @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL MUSIC HALL • 10/27 - WOODEN SKY, YUKON BLONDE @ MAVERICKS • 11/16 - THE TREWS @ CAPITAL

FOLLOW SPECTRASONIC ON



facebook WWW.SPECTRASONIC.COM FOR A FULL LIST OF SHOWS





319 Bank Street (between MacLaren & Gilmour) • 613.237.2404

8-BALL & 9-BALL LEAGUES WEEKLY TOURNAMENTS

Visit www.cueandcushion.ca for information and special discounts



COUPON

www.cueandcushion.ca

COME ENJOY AN HOUR OF FREE POOL

319 Bank Street (between MacLaren & Gilmour) • 613.237.2404

This coupon expires October 31, 2010. No cash value. Players must be 19 years of age or older. Can only be used once. One coupon per person per day. One table only & up to 4 players.



Language Training

You can also get:

- Free bus tickets
- Free Childminding (19 months to 6 years)

Come and join us!



Language Instruction for Youth Newcomers to Canada (Youth LINC)

Learn English fast with peers!

Eligibility:

- Age 18-29
- Permanent Residents or
- Convention Refugees Ontario Residents

381 Kent St. Suite 208, Ottawa

Class Schedule: Monday to Friday, 9:00-12:00pm

LINC Levels: 1-4

OCCSC Youth LINC offers English classes for:

- Post-secondary education preparation
- Employment preparation
- Daily Life English
- Canadian Culture Introduction

Call for more information:

613-235-4875 ext.126/128

Ottawa Chinese Community Service Centre





Back to school in style

Outfitting your dorm room is easy if you know how to shop



Whether it's a move to a residence or a small off-campus apartment, space is often limited when you're on a student budget, not to mention the difficulty of creating a decor style of your own. Here's a few ideas to create a budget-friendly oa-sis that will look and function like a million bucks:

Storage: Over the door hooks can keep laundry, backpacks, purses and bathing totes off the floor and in plain view at all times. An under-bed drawer is a great place to keep extra bedding, sports equipment "A desk chair should be comfy enough to do homework, but then act as an occasional chair when a friend visits."

or out of season clothing. A captain bed with drawers below can replaces the need for a free-standing dresser in the room. A freestanding, over the bed bookshelf is a great addition of vertical storage for alarm clock, books, photo albums, etc.

Double-duty furnishings: A desk chair should be comfy enough to do homework, but then act as an occasional chair when a friend visits; a storage ottoman allows you to put your feet up, acts as an additional perch for friends to sit and of course can be used to hide dirty clothes until laundry day.
Choose decor colours:

Think of your favourite colour and use it for accessories in the room. a great starting point is to choose a duvet cover that has your favourite colours. Then choose matching, sheets, throws, pillows, lampshades and area rug that all have those matching colours. Keep the basics like a bed, desk, chair or ottoman neutral enough to last you from

Use the Internet: Shopping online with Bed, Bath & Beyond is easy; they have the most comprehensive website for back-to-school items and they'll ship anywhere in Canada and have a great return policy. Buying from online classifieds and Kijiji is a great starting point. Look to buy the big stuff like dressers, beds, desks and chairs in the city where you'll be going to school. Buying locally and second hand is a great way to save money and the environment and at the end of the school year simple re-post your finds and make vour money back.









Back 2

NOW THRU OCT. 3

Bring in your class list to get additional 10% offour low sale prices'

SUPER SATURDAYS

Taking a technical, graphic or fine art course? Come in on our 'Super Saturdays' for specialized service, door prizes and a chance to win a complete studio set up!

Technical / Graphic Saturday September 11

A day dedicated to interior design, industrial design, architecture and 1st year drawing courses. Enter to win a complete studio set up!*

Fine Arts Saturday September 18

A day dedicated to all fine art courses. Enter to win a complete fine art studio

Over 70 years experience helping students get the right tools for their classes. Bring us your list and get expert help!

CREATIVE SOURCE!

Ottawa Downtown 231 Bank St

Ottawa Glebe

(613) 238-8871

Ottawa Nepean

(613) 596-1001

Ottawa Orleans

603 Bank St 3657 Richmond Rd. 2012 Tenth Line 273 Bl. St-Joseph

Hull Quebec

(819) 771-2942

Gatineau Quebec

(819) 246-6565

Ontario 325 Bl. Gréber 290 Princess Street

(613) 549-5806

(613) 830-2400 Shop online at www.wallacks.com

*Sale starts August 18, 2010 and ends October 3, 2010. 10% additional discount eligiable only with proof of class enrolment in form of student ID, time table or class list. 10% additional discount ends October 3 2010 and cannot be used in conjuntion with of any other promotion other than Back 2 School Sale 2010. Super Saturdays demos, prizes and giveaways are in stores only and splect to limited quantity on first come first serve basis. Draws are in store only and no purchase is neccesary. See www.wallacks.com or store for sale and prize details. All offers end October 3, 2010.





1 BEDDING \$160

Full Bloom Comforter Set, Bed, Bath & Beyond.

2 HAMPER \$14

Spiral Hamper, Bed, Bath & Beyond.

2 TOTE \$19

Mesh Tote, Bed, Bath & Beyond.

Dos & don'ts

- Many residences don't allow for candles to be lit, so an alternative option is to purchase a small light with a low wattage so you can leave it on at night and feel safe coming home to a room that isn't completely dark. LED candles are a safe and wonderful way to create ambience in a room.
- DON'T overuse patterns. A lot of pattern in a small space can be overwhelming, so it's best to choose solid colours for larger items. That allows for more patterns to be used in smaller accessories.
- DO buy items that are proportionate to your room size. Buying a queen or king size bed might suit your fancy, but it won't leave you much room for anything else in a dormstyle space.
- DON'T permanently attach things to your walls. The last thing the landlord wants is for you to drill holes in the walls, so another option is to use Sticky Tack to hang items on the walls or have a freestanding bookshelf to display items rather than a wall shelf.



**Student discount available with valid student ID!



Make this school year your best ever with a little help from Sophia Esthetic!

Brazilian LightSheer Laser Electrolysis

New effects mention this ad

and receive 25% OFF

On Your First Visit



*Cannot be combined with any other offer. Not valid on permanent make-up or laser services

Some of our Services

- Back treatments
- Sea Salt body scrub
- Mud moor body wrap
- Registered massage therapy
- Manicure and Pedicure
- Electrolysis hair removal
- Customized facial treatments
- Micro-dermabrasion
- Photo Rejuvenation
- Permanent make-up
- Infrared Sauna

Visit our website for a complete list of our services www.sophiaesthetic.com

613,233,3366

190 MacLaren | 2nd Floor | Ottawa





DESKS • CHAIRS • FILING CABINETS • BOOKCASES

STORAGE CABINETS • TABLES • STEEL SHELVING

RACKING • COMPUTER TABLES • WORKSTATIONS

WHITEBOARDS• EGAN VISUALS • HUTCHES • LOCKERS

AND MORE!

613.247.4000 • 716 INDUSTRIAL AVE., OTTAWA

Where the smart kids eat



• Returning students dish their dinning discoveries for you



Frosh cannot live on pizza and Kraft Dinner alone, so Metro talked to some upper-year students about their picks for good eats on a student budget.

The unofficial breakfast of the University of Ottawa appears to be served at Father and Sons (112½ Osgoode), which has been serving students eye-openers and pub grub since 1967.

"There's always a lineup which always kind of sucks on weekends when you're hungover," said third-year student Sarah Zak, "but it's a good nice cheap break-

246,000 Estimated number of boxes of Kraft Dinner consumed by Canadians daily. fast and we go there a lot."
Over at Carleton University, Will Staunton, going into his fifth year, swears by bagels as the fast, affordable sustenance.

"The absolute staple, I think, for university life would have to be Kettleman's Bagels, right across the bridge (912 Bank St.). Fresh-baked bagels, all kinds of flavours, and they're open 24/7. You can't beat that."

When he can't get to Kettleman's, Staunton's on-campus snack of choice is also bagel-based.

"The bagelwich on multigrain with cheese from Roosters (Level 4, University Centre) is just supreme, he said.

"It's just the cheapest and most delicious meal I've found."

In her three years at Carleton, Erica Vincent has developed a taste for sushi. Her favourite place?

"It's at Baseline and Merivale, and it's called



"The absolute staple, I think, for university life would have to be Kettleman's Bagels, right across the bridge (912 Bank Street)."

WILL STAUNTON, CARLETON

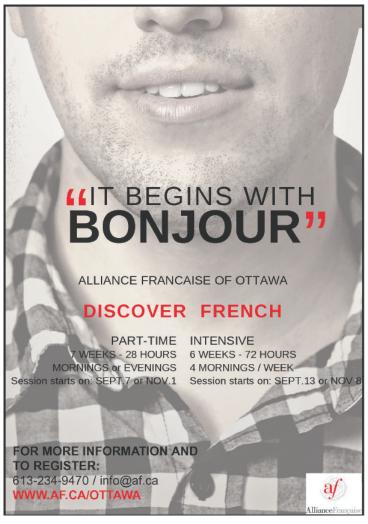
Sushi Kan (1440 Merivale Road). I really like it, she said. "That's actually where I'm headed right now."

Several Carleton and U of O students warned first years against dining on campus.

"It's expensive and crappy food," said U of O's Joseph Kipfer.

At Algonquin, however,







in-house options like The Portable Feast (B Building) and 35th Street Market Café (Residence) got some

"Off-campus, everyone usually goes to Summer-hays (1971 Baseline Rd.) for

beer," said Stephanie Forcier, a second-year student at Algonquin. "So that's a

good student place on Fri-

good reviews.

day afternoons.

Where would you send froshers?



Cassandra Hargrave

UNIVERSITY OF OTTAWA, 19
My favourite is Thai food and there's a really, really good Thai place down in the market. It's called Royal Thai (272 Dalhousie St.) and it's absolutely the best. I get something different every time I go and they're very

good at helping you decide what you want.



Brian Tong

UNIVERSITY OF OTTAWA, 24
The no. 1 thing for cheap
eats, but good quality is
shawarma. There's two
places: Castle Shawarma (178
Rideau St.) and further down
there's Shawarma Palace (464
Rideau Street). That's the famous one.



Zeid Fahoum

CARLETON, 19
I would send frosh to The
Works (580 Bank Street) or
James Street Pub (390 Bank
St.) on Monday nights. It's
\$10 for wings, all you can eat.



Katherine Denley

CARLETON, 27
I eat at home because I feel that the lack of halal options (on campus) is kind of disappointing.







Best of OC Transpo

• Four trips for making the most of the bus



OC Transpo is the world's largest bus system, but where to take it?

Here are four buses not to miss. All can be caught at

Here comes

your ride

OC Transpo routes serving Ottawa's colleges and universities:

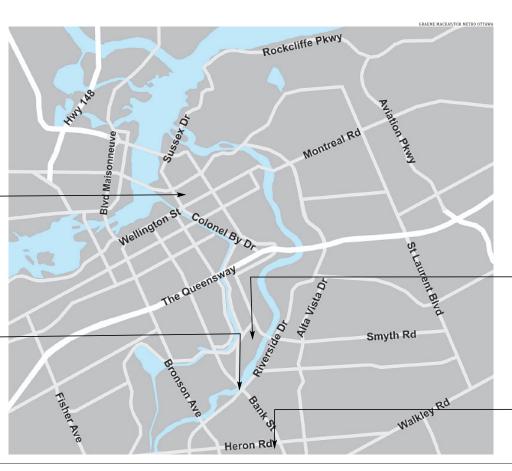
- Algonquin College: 86, 95, 111, 118, 156, 172, 174 and
- Carleton University: 4, 7, 117. O-Train
- La Cite Collegial: 12, 15, 129
- Saint Paul University: 5, 16 University of Ottawa: 94, 95, 96, 97, 98 and more

the Rideau Centre.

#95

Twenty-four hour service spits you across the city from the east end to Baseline Station. A cheap late-night alternative to cabs, it connects directly to Algonquin and University of Ottawa. This shopping express stops at Place d'Orleans, St Laurent Shopping Centre, the Rideau Centre and College Square.

A comprehensive introduction to behind-the-scenes Ottawa, it turns south on Bank Street after the Parliament Buildings, and then west on Somerset, through Chinatown's restaurants, trendy dining and shopping in Hintonburg and Westboro, and Bayshore Shopping Centre.



WORK BETWEEN PLAY Flexible hour We're hiring. Flexible hours.

Enrol in our Tax Training School, the most comprehensive tax training program in Canada, and start a career that lets you live life your way.

As one of our tax professionals you could enjoy the benefits of seasonal full or part-time work and flexible hours.

Classes start September 15th.

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625)

Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor a guarantee of employment. This course is not intended for, nor open to any persons who are either currently employed by or seeking employment with any professional tax preparation company or organization other than H&R Block. © 2010 H&R Block Canada, Inc.



H&R BLOCK®



#403

Got tickets to a Senators game or concert at Scotiabank Place, but how do you get there and back? OC Transpo's "Connexion 400" special event shuttles are your answer.

Skip the traffic and parking nightmare and enjoy the party atmosphere onboard with fellow fans.

-#1

This one heads straight south on Bank Street, past Lansdowne Park then through the Glebe and Ottawa South, which feature great shops, pubs and restaurants, finishing up at South Keys for big box shopping and the Cineplex.

TRANSIT

Your ticket to ride

New this year, full time Carleton and University of Ottawa students will be issued a bus pass for the school year, September to April, for \$290, which is already included in student fees.

A regular student bus pass costs \$73.25 a month. You'll save money if you take the bus at least 23 times in that month.

You can also save on the regular cash fare of \$3.25 with two bus tickets for only \$2.50.

STEVE COLLINS

back to school events

SHOP SHIP SAVE

SAVE

order your pet food online FREE same day delivery

on.

on ALL regular price items*

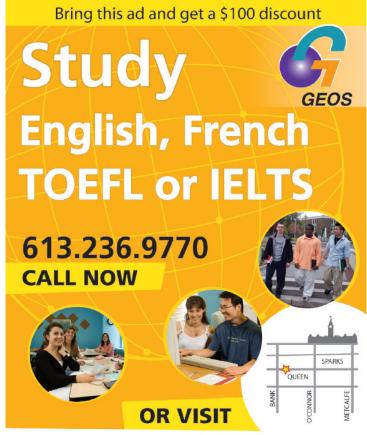
coupon code: backtoschool



www.PetsPets.ca



We accept Cash, Credit Cards, Debit at your door



GEOS Language Academy

207 Queen Street, Suite 100 (2nd floor) www.geosottawa.com



www.byward-market.com

www.marche-by.com

What I wish I'd known



Oscar Wilde said that experience is the name that everyone gives to their mistakes.

While this year's crop

Are you moneywise?

A recent survey of postsecondary students by Higher One Holdings found:

- Eighty per cent got at least three questions wrong on a financial literacy test
- More than 50 per cent had credit card debt
- More than 50 per cent paid bills late in the past year
- More than 75 per cent saved less than five per cent of their income
- More than 50 per cent saved less than one per cent of their income

of newcomers will probably learn some things the hard way, students who survived first year have tips to share.

"It's going to be a lot harder than high school," warned University of Ottawa student Benazir Marquez of the university workload.

"That was the only thing that was really unexpected."

For Matthew King, also at U of O, the administration of your course load can be as important as the courses themselves.

"Plan ahead, consider laying out all your courses for all four years, so you don't get stuck with having six hard classes in your last semester," he advised.

"I wish I had known my professors better, how to choose my courses and time management is the key thing," said Ahmed Ouda, in his second year at Carleton



"Plan ahead, consider laying out your courses for all four years." MATTHEW KING, U OF 0



"I wish I had known my professors better ... and time management is ... key."

AHMED OUDA, CARLETON

Outside class, many returning students wish they'd spent a little more time at the beginning of





in first year





"Residence food is disgusting."



"It's going to be a lot harder than high school. That was ... unexpected." BENAZIR MARQUEZ, U OF O

first year getting familiar with their new surroundings.

Second-year Algonquin

student Rose Schober said she most wishes she'd known "My way around school.

"At first, especially during the first week, we were always late for class."

Ditto for getting around the city. OC Transpo can take a little getting used to, although drivers and the online trip planner can be a big help.

"I wish I knew the buses a little better," said Alicia Draus, a fourth-year student at Carleton.

"I wish I even knew Hurdman Station existed, 'cause it gets you anywhere in the city really fast. I would always take the really long buses that take 40 minutes to get somewhere you can get in 20 minutes from Hurdman."

Carleton architecture grad Cedric Boulet has only four words of wisdom for frosh: "Residence food is disgusting."

Every Time Should Be This Special...



1724 Bank St. 523-9962 130 Robertson Rd. 829-8407 1501 Carling Ave. 761-1001



5 ingredients = breaky, lunch, dinner

Ingredients:

- gle) cream
- 4 flour tortillas
- 1/2 cup (125 ml) tomato salsa (or chutney)
- 2 cups (100 g) watercress



Preparation:

- Beat the eggs and cream in a large bowl.
- Cook the egg mixture in a large nonstick frying pan over mediumlow heat for about 5 minutes, stirring often, or until the eggs form large chunks.
- Set aside and keep
- Warm the tortillas in a large frying pan over high heat, one at a time, until they

begin to colour

- Transfer to a flat surface and spread with the tomato salsa.
- Top with the scrambled egg and watercress.
- Fold the tortillas over and serve hot.

Serves: 4 Preparation: 5 minutes Cooking: 7 minutes

For more delicious recipes visit rd.ca

READER'S DIGEST

Ingredients:

- 2 cups (500 ml)
- 2 (14-ounce/400-g) cans chopped tomatoes, with
- 8 ounces (250 g) Spanish chorizo sausage, peeled and sliced
- 1 (14-ounce/400-g) can cannellini beans, drained
- · 2 tablespoons coarsely chopped fresh thyme

Preparation:

- Combine the stock, tomatoes, sausage, and beans in a large
- Bring to a boil and simmer gently for 10 min-
- Add the thyme and simmer for 5 more minutes. Serve



Serves: 4 Preparation: 10 minutes Cooking: 15 minutes

For more delicious recipes visit rd.ca

READER'S DIGEST

Ingredients:

- 14 ounces (400 a) dried rice stick noodles
- 3 tablespoons sesame oil • 11/4 pounds (600 g) tenderloin beef, cut into thin strips
- 2 red bell peppers (capsicums), seeded and cut into thin strips
- 3/4 cup (180 ml) store bought satay sauce

Preparation:

- medium bowl, cover with boiling water, and soak until softened, 5-10 minutes. Drain and set aside.
- Place a wok over high heat. When it is very hot, add the sesame oil. Add the beef and stir-fry for 2 minutes. Add the bell peppers and stir-fry for 2 minutes.



- Stir in the satav sauce and heat for 1 minute.
- Add the noodles. Toss well and serve hot.

Preparation: 10 minutes + 5-10 to soak noodles Cooking: 5 minutes

For more delicious recipes visit rd.ca

READER'S DIGEST



RUNNING OUT OF STEAM?

You may be iron deficient!

Do you tire easily? Is it hard to concentrate? Are there dark circles under your eyes? Do you have brittle hair or dull, chipped nails? These are just some of the symptoms of low iron, along with pale complexion, hair loss and low resistance when it comes to infections.

The good news is that iron deficiency is easily preventable. Safe, gentle, pleasant-tasting Floradix® liquid iron gives you the energy you need to get the most out of your day - every day!

TRUST FLORADIX* - CANADA'S MOST RECOMMENDED **IRON SUPPLEMENT**



Present this coupon on your next purchase of Floradix Liquid Iron or Floravital Liquid Iron and receive \$3.00 off the retail price.

(Limit one coupon per purchase. Expires September 30, 2010)

Required for Life

Flora products are available exclusively at specialty natural health food retailers. Specials cannot be combined with any other promotion. Whie quantities last.





www.requiredforlife.com | 888-436-6697



Great surprises come in Mini packages

when you enter the Club Metro Lounge coming to a campus near you!

Surprises, games and prizes await you at the Club Metro Lounge powered by Sony Ericsson. Plus you can enter for your chance to win a 2011 MINI Cooper™ or a new Xperia™ X10 mini - the world's smallest Android™ phone.





Club Metro Lounge Tour Schedule

Halifax		
Dalhousie	Sept 9	2pm - 8pm
St Mary's	Sept 9	9am - 5pm
Ottawa		
University of Ottawa	Sept 6	5pm - 10pm
Carleton	Sept 7	10:30am - 5pm
Carleton	Sept 7	10.30am - 3pm
Toronto		
University of Toronto	Sept 10	4pm - 8pm
Ryerson	Sept 7	10am - 4pm
York	Sept 22	10am - 5pm
Calgary		
University of Calgary	Sept 10	3pm - 7pm
SAIT	Sept 16	11am - 2pm
Edmonton		
Grant MacEwan University	Sept 9	12pm - 5pm
Grant MacEwari Oniversity	Sept 9	12pm - 3pm
Vancouver		
UBC	Sept 8	10am - 4pm
Simon Fraser	Sept 7	10am - 3pm
BCIT	Sept 7	9am - 3pm

If you can't join us on campus, you can still enter to win a 2011 MINI Cooper on clubmetro.com

Available exclusively at



for full contest details visit clubmetro.com

*"smallest" defined as the product of Height x Width. *Based on phones available for purchase on the market as of April 28th.

Screen images are simulated or enhanced

The Liquid Identity and Liquid Energy logos, Xperia and Timescape are trademarks or registered trademarks of Sony Ericsson Mobile Communications A.B. Ericsson is a trademark of Teleplandatiologisty of Microson (2014) and "radex Delivers" are trademarks or egistered trademarks of Sony Corporation. Google and Android are trademarks of Google, Inc. MINI CODER is a trademark or registered trademark of BMW. All other trademarks are property of their respective owners. Copyright. e2010 Sony Ericsson Mobile Communications A8.1 dright searved.



Sony Ericsson make.believe



MUSIC-THEATRE-DANCE at the NAC

3 TICKETS



text
NAC to
22333*
to receive alerts
and win an
iPod
Touch!

Full-time students ages 13 to 29:

register for the Live Rush™ program and get \$12 tickets* to NAC performances!

* Some restrictions and standard text messaging rates apply.

Sign up at liverush.ca









Connect with the NAC





